

Westerly Armory Regenerative Agriculture Weekend – Jan. 31 and Feb. 1, 2026

DAY 1	Basic Regenerative Principles	
	<i>Topic</i>	<i>Speaker</i>
8:00	Welcome Greeting	Ellie Coffey
8:15	Introduction to Regenerative Agriculture: A Plant Soil Model	Nigel Palmer
9:30	Preparing the Land for a Garden	Koralee Lawrence
10:30	Seed Saving	Hannah Traggis
11:30	Lunch and Panel Discussion: Soil Organic Matter	Panel
1:00	Compost and the Unseen Soil World	Jayne Merner
2:00	Controlling Insects and Diseases in Vegetable Crops without Pesticides	Bryan O'Hara
3:00	Soil Life under the Lens: An Introduction to Soil Microbiology and Microscopy	Ruben Parrilla
4:00	Mingle - Community Building	All
5:00	Community Dinner: Sign-up required (for numbers)	All

DAY 2	Specific Topics of Interests	
	<i>Topic</i>	<i>Speaker</i>
8:00	Sunrise Session: Garden Tips Extravaganza	Breakfast Club
9:00	Resilient People through Regenerative Ag: Nourishment from the Ground Up	Joan Palmer
10:00	Feed Your Garden before 8:00 AM	Craig Floyd
11:00	Cover Cropping on an Intensive, Small-Scale, No-Till Farm	Yoko Takemura
12:00	Lunch and Panel Discussion: Your Questions, Interests and Concerns	Panel
1:00	Hands on Mineral Amendment Making, Laboratory Analysis and Sustainability Evaluations	Nigel Palmer
2:00	The Global Nutrient Density Movement	Dan Kittredge
3:00 - 3:30	Closing remarks: Did we miss anything?	Ellie Coffey
3:30 - 4:00	Mingle - Community Building	All

DETAILS:

Food: Lunch and dinner will be offered on Saturday, and lunch will be offered on Sunday. People who register for the conference will receive an email on Jan. 2 with a list of options. If you choose to bring your own food, there is a microwave and refrigerator. Tea and coffee will be available at all times. Snacks to share are welcome and there will definitely be cake.

Parking: Street parking is limited, but there is plenty of free parking at 14 Canal St., a 3-minute walk from the armory.