

## 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	Feed Your Garden before 8:00 AM	Craig Floyd
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	Compost and the Unseen Soil World	Jayne Merner
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 Devolution of Nutrient Density	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, 2026 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. Beer and wine are available at lunch time and afterwards. 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.