



Regenerative Agriculture WEEKEND

Jan. 31 and Feb. 1, 2026

8am to 5pm each day

Westerly Armory, Westerly, RI

How and Why **To Grow Food Regeneratively**

Nigel Palmer, The Institute of Sustainable Nutrition

Koralee Lawrence, The Giving Garden

Kris McCue, Bionutrient Food Association

Craig Floyd, Tenth Generation Farmer, Footsteps Farm

Bryan O'Hara, Tobacco Road Farm

Ruben Parrilla, Northeast Organic Farming Association, MA

Joan Palmer, The Institute of Sustainable Nutrition

Jayne Merner, Earth Care Compost

Yoko Takemura, Assawaga Farm

Dan Kittredge, Bionutrient Food Association

Topics to include: Prepping your Garden, Seeds, Soil Biology, Pest Management,
Feeding your Soil, Compost, Cover Crops, Fermented Plant Juice, Organic Matter, Nutrient Density

Vendors • Demonstrations • Seed Swap • Silent Auction

Tickets go on sale in November.



**Questions? Email Ellie at
RegenerativeAgricultureWeekend@gmail.com**