

FRIDAY

5:00 - 8:00pm

A healthy meal by donation starting at 4pm

Evening
Keynote

The Merits of a Traditional Diet
Sally Fallon

JULY 25 - 26, 2025

WORKSHOP SCHEDULE

SATURDAY

8:00am

8:30 - 9:40am

10:00 - 11:10am

11:40am - 1:00pm

1:20 - 2:30pm

2:50 - 4:00pm

Keynote/
Human Health

Welcome
by Host

The Benefits of Raw Milk
Sally Fallon

Hope for the Future:
Farming as a Family
Edwin Shank

NOON KEYNOTE

Our Farming Journey
Robert Yoder

Criteria Necessary to Thrive...
in Business, in Farming, in Life
Edwin Shank

Homestead

18th Century Homesteading:
Reviving our Heritage
Richard Hess

How Food/Lifestyle
Affects Health
Ray Armat

Our Anabaptist
Heritage and its
Connection to
Farming
Robert Yoder

Why We Farm -
Farming Using God's Pattern
Shawn & Beth Dougherty

Feeding the Farm
from the Farm
Shawn & Beth Dougherty

Homemakers

Prevention & First Aid
for Burns and Wounds
Lancaster Community Caregivers Team

Burn & Wound Care
Lancaster Community
Caregivers Team

Simply Delicious Home Cooking
Ladies Panel

Ancient Grains,
The Nutrient Advantage
Bob Sullivan

Farmstead

Fulfilling the Farmstead Dream
John Lee Fisher

Diversifying Farm Income
Farmer Panel Discussion

Pasture Walk: Long Rotations &
Disruptive Grazing Management
John David Allgyer & Elam Stoltzfus

Restarting
the Dream
John Lee Fisher

Horse Arena
East Coast
Horseman's
Association

Preparing a Horse to be Caught

Preparing a Horse
for Saddle or Harness

Long Lining Demo

Advanced Riding

Demonstrations/
other
activities

Chicken Butchering Demo
Meat Masters Mobile Harvest

"Storytime" in
Children's Tent
Jake Zook
1:00 - 1:20 PM

Pig Butchering Demo
Meat Masters Mobile Harvest
Backyard Beekeeping Basics
Daniel McCaughen

PLEASE VISIT WITH EXHIBITORS

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ALL DAY CHILDREN'S ACTIVITIES
(subject to change on day of event)

Pony Rides

Swiss Cheese Man

Large Corn Box

Camel Rides



FRIDAY EVENING

KEYNOTE: *The Merits of a Traditional Diet*
SALLY FALLON

As author of the best-selling nutritional cookbook *Nourishing Traditions*, Sally Fallon Morell is the leading spokesperson for a return to nutrient-dense diets including raw milk, animal fats, organ meats, bone broths and lacto-fermented foods. She is the founding president of the Weston A. Price Foundation and a founder of A Campaign for Real Milk. In 2009, she and her husband Geoffrey Morell purchased P A Bowen Farmstead, where they produce award-winning artisan raw milk cheese, woodlands pork, and pastured eggs and poultry.

SATURDAY

KEYNOTE: *The Anabaptist Heritage and its Connection to Farming*

Our Farming Journey

ROBERT YODER

Robert Yoder, along with his wife Rachel, started farming in Holmes County, Ohio, in 1985. After building their farming experience in Ohio for 23 years, they relocated to Canastota, New York in 2008. Then in 2019, they traded the cows for a Daudy house (grandparents' house), allowing the next generation to continue the farming legacy.

Hope for the Future: Farming as a Family
Criteria Necessary to Thrive... in Business, in Farming, in Life

EDWIN SHANK

Edwin Shank is a farmer, teacher, writer and founder of The Family Cow, a certified organic, pasture-based farm in Chambersburg PA. Edwin, his extended family, and team grow, process, package and market raw milk, pastured poultry, beef, pork, and other 'healing foods' for 55 drop point tribes throughout PA, plus ship nationwide to-your-door. The farm partners with and is supported by close to 60 other farm and family-entrepreneurs in one way or another.

DISCLAIMER: The Family Days Committee is not liable or responsible for any advice, service or product offered at this event. Participate at your own discretion.

18th Century Homesteading: Reviving Our Heritage

RICHARD HESS

Rick & his wife Cherry live in the Mahantongo Valley of Northumberland County, PA. Rick has 4 major passions: Being a follower of Jesus, History, Human Health/Nutrition and Organic Homesteading. He especially enjoys teaching children Penna. German agricultural history and cultural food pathways. When he isn't working at Natural Hope Herbals, you may find him working in the barn, the butcher shop or the gardens at the Hess Homestead. Once in a while, you'll even find him sitting on his rocking chair. He and his family are part of the Peace Anabaptist Brotherhood in Sunbury, PA.

How Food/Lifestyle Affects Health

RAY ARMAT

Dr. Ray Armat is currently operating a small regenerative chemical-free vegetable farm in Pennsylvania with his family. He is one of the few scientists who has developed roots, friendships and collaborations in Pennsylvania's Plain communities and yet is nationally known as an educator using simple language and real life stories to explain complex biochemical and nutritional concepts related to our mental and physical health. If the body and brain balance each other, health ensues. If they are imbalanced or burn out together, it leads to disorders and diseases such as diabetes, depression, hypertension, weight gain, dementia, sleep disorders, constipation, anxiety and infertility.

Why We Farm - Farming Using God's Pattern

Feeding the Farm from the Farm

SHAWN & BETH DOUGHERTY

Shawn & Beth Dougherty live in eastern Ohio, where their home farm is 17 acres designated by the state as "not suitable for agriculture." Using grass as their primary energy source, they raise dairy & beef cows, sheep, farm-fed hogs, and a variety of poultry, producing most of their food, and feed, on the farm. They are also the authors of *The Independent Farmstead*, published by Chelsea Green.

Prevention & First Aid for Burns and Wounds

Burn & Wound Care

LANCASTER COMMUNITY CAREGIVERS TEAM

The Lancaster Community Caregivers Team is a made up of members of the Old Order Amish and Mennonite community who are actively involved not only in helping families to treat burn and wound victims when they occur (including in hospital settings on occasion), but also participate in educating the Plain communities in the prevention of avoidable accidents in which burns and wounds are caused.

Ancient Grains, The Nutrient Advantage

BOB SULLIVAN

Bob Sullivan hails from New England and spent the first bulk of his life in finances and aircraft technology. In his later years he got dirt under his fingernails for the first time and has never looked back. Now he has a decided list of advantages in the farming field due to having no prior bad farming habits, no entrenched community habits, and could afford to fail both financially and psychologically - only to name a few. His passion is enjoying the journey to regenerative farming practices and raising healthy nutritious food for people to enjoy and positively impacting the community as he goes.

Fulfilling the Farmstead Dream

Restarting the Dream


JOHN LEE FISHER

John Lee Fisher grew up on a third-generation dairy farm in Paradise, PA. His family transitioned to organic in 2001 and produced milk for Organic Valley for approximately 10 years while John slowly built his direct-to-consumer business. After John Lee married Verna Mae in 2009, they also started an on-farm store, butcher shop, and creamery. After transferring the marketing business to another farm, they moved to Burkes Garden, VA in 2018 to continue grass farming and eventually restarted direct marketing under the "Simply Grassfed" brand.

Backyard Beekeeping Basics

DANIEL MCCAUGHEN

Daniel McCaughen, otherwise known as Brother Daniel, a certified and licensed beekeeper, has lived and worked with the local farming community for many years. He is passionate about educating people on the importance of protecting honeybees.



MISSION STATEMENT
We endeavor to provide an educational basis that promotes down-to-earth ways of bringing forth nutrient dense food for homesteaders and farmers alike, while supporting sustainable and simpler lifestyles that promote cohesive, economical, and healthy rural living skills enabling future generations to farm with a positive attitude and strengthened motivation.



We will be providing

- Educational seminars
- Expertise from masters of the trade
- Homemakers advice
- Farmstead ideas
- Children's activities including a petting zoo and corn box
- Healthy baking, vegetable growing and a whole bunch more!



Food will be available by donation.

If the donations exceed the cost of the event, then the proceeds will be donated to a local cause that is likewise putting forth effort to assist people towards good health by teaching and recognizing good stewardship of God's creation.

Start your day right with a platter of pastured eggs, biscuits, and washed down with Organic coffee and orange juice. Hydrate during the day with water, kombucha, chocolate milk and more. Excite your internal gut flora (and taste buds!) with a plate of 'Haystack Lunch' and healthy baked goods topped off with fresh-off-the-farm ice cream. Enjoy...and just be sure to fill the donation boxes to the same level you fill your stomach to. We hope to see you there!

This event is an educational outreach of C.A.R.E. (Communities Alliance for Responsible Eco-farming) for CARE members and guests. All rights reserved without prejudice.

If you have any questions concerning the event, please call **717-539-FDOF(3363)**



To be held at:
THE ELAM STOLTZFUS FARM
362 School Lane Rd
Gap, PA 17527
Friday, July 25
& Saturday, July 26