

Thursday AM

Intro: Barb Hartman

Mary Beth Augustine, RDN, CDN, FAND

Topic:

Biography:

Mary Beth Augustine is a Registered Dietitian Nutritionist, Fellow of the Academy of Nutrition and Dietetics (Academy), and Delegate in the Academy House of Delegates. Practicing since 1995, Mary Beth marries the knowledge of science with the wisdom of nature to make personalized recommendations for integrative and functional medical nutrition therapy for health promotion and the prevention and management of disease.



Mary Beth is the Integrative Dietitian Nutritionist at the Graf Center for Integrative Medicine at Englewood Hospital and Medical Center. Past work experience includes Senior Integrative Nutritionist and Director of the Integrative Nutrition Internship at the Mount Sinai Beth Israel Center for Health & Healing (2000-2016), Director of the Masters Degree Program in Integrative and Functional Nutrition at Saybrook University (2014-2015), Clinical Dietitian and Integrative Medicine Nutritionist at Memorial Sloan Kettering Cancer Center (1996-2000), and cardiovascular risk reduction research at the American Health Foundation (1995-1996).

Mary Beth's speaking highlights include the United Nations Committee on Aging, American Institute for Cancer Research Cancer Survivor Conference, Integrative Healthcare Symposium, Food & Nutrition Conference & Expo (FNCE), and the New York, Hawaii, New Hampshire, Massachusetts, Nebraska, and Wisconsin Academy of Nutrition and Dietetics meetings. Mary Beth has been featured on CBS, ABC, NBC, and Fox 5 News, Today in New York, CNN Market Watch, Discovery Health TV, and National Public Radio.

A twenty-plus year survivor of cancer, Mary Beth is dedicated to sharing her personal and professional passion to educate people about the interconnected health of people, food and land.

Intro: Sharon Maynard

Judy Barbe:

Topic: The (Re)Purpose of Food, Reducing Food Waste at Home

Home is where the waste is. Forty four percent of food waste occurs at home. It stems from a

variety of reasons: we bought food for a specific recipe, we ate out rather than cooked, we forgot we had it or can't think of a way to use it - or repurpose it. Regardless of why, the loss in dollars and the impact on the environment add up. From purchase to cooking, this session will provide ideas to implement at home to be part of the solution to this global concern. Participants will be able to explain how food waste is generated throughout the food chain from agricultural production, manufacturing and processing, transportation, in retail and restaurants, and at home. They will also be able to develop strategies to reduce food waste at home, and provide food solutions for the home cook by using food on hand to reduce waste. From purchase to cooking, this session will address food solutions to maximize food use and minimize waste at home including how to buy wisely, cook carefully, and eat it all.

Biography:

Judy Barbe, an award-winning registered dietitian, is a food solutions expert. She is the author



of *Your 6-Week Guide to LiveBest*, *Simple Solutions for Fresh Food & Well-Being* and *LiveBest Seasonally*, a Fresh Approach to Living with Vitality. She shows people how to make better-for-you choices through her website, original recipes, speaking engagements, newspaper columns and webinar series. Judy is the immediate past chair of the Academy of Nutrition and Dietetics' Food and Culinary Professionals Dietary Practice Group and a member of the National Cattleman's Beef Association Nutrition Seminar Speaker's Bureau. She speaks on the topic of food waste, providing ideas that can be implemented at home so that audience members can be part of the solution to the global

concern. Connect with her on Twitter @JudyBarbe and visit her blog and website www.LiveBest.info. Her recipes and recommendations have been featured on MensFitness.com, Shape.com, FitnessMagazine.com, Lovoinc.com, FilmJournal.com, walnuts.org and WeightWatchers.com

Intro: Mallory Mount

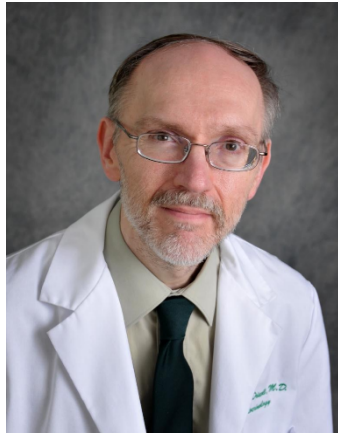
Dr. Driscoll & Heather Vannoy

Topic:

Dr. Henry Driscoll and Heather Venoy, RD, LD, CDE will address "State of the State of Diabetes". They will address Diabetes in West Virginia comparing how the states ranks among the country. They will provide proven strategies to prevent diabetes and promote better compliance with diabetes. They will address barriers that patients face living in the state of West Virginia and ways to help break those barriers. Finally, they will address how Dietitians play a major role in the prevention and management of Diabetes.

Biography:

Henry K. Driscoll, M.D. is Professor of Medicine at MUSOM and Staff Physician at the VAMC. He



is the Farrell Professor of Endocrinology at MUSOM. He received the Bachelor of Science degree in Life Sciences in 1975 and the Master of Science degree in Nutritional Biochemistry and Metabolism in 1976, both from the Massachusetts Institute of Technology. He received the M.D. degree from the University of Massachusetts Medical School in 1981. He currently serves as Chief of the Section of Endocrinology and Medical Director of the Marshall University Diabetes Center. He is board certified in general internal medicine and in endocrinology. He is a Fellow of the American College of Physicians. His research interest is in the immunopathogenesis of diabetes, and he has authored articles or participated in studies in this field and in the mechanisms of pancreatic islet-cell hormone

secretion, effects of nutritional deficiency, therapies for diabetes, and thyroid cancer. At Marshall University he has served as Associate Director and Director of the Internal Medicine Clerkship and as member and Chair of the Institutional Review Board. He is a member of the Endocrine Society, Sigma Xi, the American Federation for Medical Research, the American Medical Association, the West Virginia State Medical Association, the Cabell County Medical Society, and the Norval Carter Memorial Medical Society. He is a member of the Professional Section of the American Diabetes Association and has served as President of its local, state, and regional affiliated organizations.

Heather Venoy, RD, LD, CDE came to the Chertow Diabetes Center in September 2015. She



graduated from Marshall University with a Bachelor's degree in Dietetics. She completed her Dietetic Internship at Spalding University, Louisville, KY. In December 2014, Heather successfully passed the Certified Diabetes Educator (CDE) exam; which identifies her and other professionals who are CDEs, as those who have reached the level of mastery in understanding diabetes. Heather's experience has included a variety of disease states and interventions in the inpatient hospital setting and previous work experience as a Diabetes Educator. She currently holds the following certifications/licenses: Registered Dietitian with the Commission on Dietetic Registration, Licensed Dietitian with the State of West Virginia, and Certified Diabetes Educator with the National Certification Board for Diabetes Educators.

Barb Hartman – WVAND President – Business Updates

Intro: Jessica Walden

Pam Schoenfeld, MS RD LDN

Topic:

Biography:

Pam Schoenfeld is a dietitian on a mission – to ensure that all Americans have an equal



opportunity to be well-nourished, especially the most vulnerable populations. She is especially concerned about the nutritional status of both the youngest and oldest individuals, and will be speaking on why eating according to the Dietary Guidelines for Americans actually increases the risk for malnutrition in the elderly. She returned to school and became a registered dietitian while earning her master's degree in Human Nutrition at the age of fifty, motivated by her knowledge of nourishing ancestral dietary patterns and a desire to share this with others. Pam is a coauthor on two peer-reviewed publications discussing the limitations of the applicability of the Dietary Guidelines for Americans and the process used to arrive at the Guidelines'

recommendations, and two articles published in the Wise Traditions Journal on the importance of vitamin A during pregnancy and vitamin B6. She has authored commentary to: the USDA/HHS and to the United States Congress critiquing key aspects of the 2015 Dietary Guidelines Advisory Committee Report; the FDA regarding the use of the term "healthy" on food labels; and to the USDA regarding limitations of the Child and Adult Care Food Program requirements. Her practice, Women and Family Nutrition, LLC in Raleigh, North Carolina, focuses on women's reproductive nutrition. Pam is married to Adam; they have three children, Jessica, Laura, and Alex, and one grandchild, Benjamin. She enjoys, reading, quilting, knitting, bicycling and playing tennis and bass guitar in her free time.

Intro: Cathy Shaw

Dr. Jim Painter, PhD, RD

Topic:

Biography:

Jim Painter earned a Ph.D. from the University of Illinois and is currently an Adjunct Professor at University of Texas, School of Public Health. His current areas of research include reducing risk of heart disease through phyto-nutrient and dietary intervention, mindless eating and stealthy calorie intake to control calorie intake. Jim has been a Registered Dietitian since 1980 and has served as the Director of Nutrition research for the California Raisin Marketing Board, nutrition advisor for Sun-Maid Raisin Growers of California and Paramount Farms Wonderful Pistachios. He consults for the Davison's Safest Choice and the National Dairy Council. He currently serves on the American Heart Association's Products and Services Eat Well Task Force and is the

author of the 2016 Academy of Nutrition & Dietetics Dyslipidemia section update. He worked for Marriott Corporation in the 1980s, taught nutrition at the University of Illinois during the 1990s and Chaired the School of Family and Consumer Sciences at Eastern Illinois University until 2013. Jim has more than 100 peer reviewed publications and presentations to his credit and has authored text book, *Nutrition You Can Use*.

He and his wife Rosemary live in the United States and have two sons, two daughter-in-laws and four grandchildren.

Intro: Brooke Nissim-Sabat

Mark Cucuzzella MD FAAFP

Professor West Virginia University School of Medicine

Topic: Reversing Diabetes with Real Food- Yes It's possible

Objectives:

define and understand Insulin Resistance And the Metabolic Syndrome
what should be our first approach in patients with the Metabolic Syndrome
how to engage a community

Bio: Dr. Mark Cucuzzella is a Professor at West Virginia University School of Medicine. He is also a LtCol in the US Air Force designing programs to promote health and better fitness in the military with the [USAF Efficient Running Project](#). In his community and medical school he has been a tireless promoter of nutritional interventions in patients with any spectrum of the metabolic syndrome and introducing low carb options for hospital patients. He is a member of [The Nutrition Coalition](#) advocating for scientific scrutiny in nutritional policy.

He was a lead writer of one of the first grants supporting education of Medical Students in nutrition and physical activity through the MEDCHEFS program, now in its 3rd year. Mark is also the lead on a large USDA grant to double SNAP benefits at Farmers Markets- the goal is reducing food insecurity as a barrier to healthier eating.

He's also been a competitive runner for over 30 years — with more than 100 marathon and ultramarathon finishes — and continues to compete as a national-level Masters runner. He has won the Air Force Marathon twice. He is the race director of [Freedom's Run race series](#) in West Virginia and director of the [Natural Running Center](#), an education portal designed to teach healthier running . Mark is also the owner of [Two Rivers Treads — A Center for Natural Running and Walking](#) in his hometown of Shepherdstown, W.Va. Mark's vision of medical care as it should be is housed in his site www.natureprescriptions.org

Mark's innovative work and story has been featured in the New York Times, NPR, Outside Magazine, Running Times, Runners World, Air Force Times, the Washington Post, JAMA, Blue Ridge Outdoors, and other medical and media outlets.

Gala:

Intro: Barb Hartman

Donna – AND Vice President

**Donna S. Martin, EdS, RDN, LD, SNS, FAND
President-Elect**

Donna Martin is director of the Burke County school nutrition program, which has 4,500 students in five schools, serving breakfast, lunch, after-school snacks and supper. Four of the schools have been acknowledged as HealthierUS School Challenge Gold winners.



Martin has received honors and awards including Recognized Young Dietitian of the Year and the Outstanding Dietitian of the Year from the Georgia Dietetic Association; the Excellence in Practice Award from the School Nutrition Services Dietetic Practice Group; and the Academy Foundation's 2007 Judy Ford Stokes Award for Innovation in Administrative Dietetics.

An active member of the Academy's School Nutrition Services DPG, Martin was the group's electronic communications chair and newsletter editor. She represented the Georgia Dietetic Association in the Academy's House of Delegates; is a member of the School Nutrition Association Foundation's board of directors; and served on the Georgia Department of Education's Task Force on Nutrition Standards for School Nutrition Programs. She served as the Academy's treasurer-elect in 2012-2013 and the Academy's treasurer in 2013-2015.

Martin will serve as the Academy's President in 2017-2018. Martin is a graduate of the University of Georgia and earned a master's degree from the University of Alabama–Birmingham and an education specialist degree from Augusta State University.

Awards – Jessica Runyon (self intro)

Historian – Cindy Gay (self intro)

Friday AM

Professional Panel – RDs Moving Mountains in WV (All Self Intros)

Meredith Chapman

Topic: WV - RDN Reimbursement Toolkit



My name is Meredith Chapman, and I am a registered dietitian nutritionist (RDN) working in outpatient for the West Virginia University Physicians of Charleston Department of Pediatrics. At the WVAND 75th Conference Expo and Gala, I will be speaking in part of a round-table discussion on entering primary care in West Virginia. I will cover the steps required including accreditation, licensure, obtaining a National Provider Identifier, and becoming a credentialed provider with third party payers. I will also provide a brief update on what RDNs are currently reimbursable for in the state.

Karen Sassman

Topic: Telehealth for Dietitians – What you Need to Know



Karen Sassman has been a registered dietitian for past 35 years and thirty-three of those years has been with the Veterans Affairs Medical Center – serving our American’s heroes. Karen obtained her Bachelors of Nutrition and Food Service from West Virginia University in May of 1982. During her time at the VA she has had the opportunity to move the VA into the electronic medical record and most recently to start up the Home Telehealth

TeleMove program. Karen has a passion for helping those who have sacrificed so much for our country to improve their health through healthy eating and promoting healthy weight. Karen is presently in the process of becoming a certified health coach so she can further provide better support for our nations Veterans. Karen Sassaman currently resides in the area of Martinsburg, WV.

Nettie Puglisi Freshour

Topic: From Professional Athlete to Weekend Warrior – How to Fuel for Performance



Nettie Puglisi Freshour is a Wheeling, WV native, residing in Morgantown with her husband Gary, daughter Ryleigh and son Brayden. She joined WVU Department of Intercollegiate Athletics in August 2014 as the sports nutritionist, working with all Mountaineer student-athletes.

In addition to serving as the Sports Dietitian for the athletic department, Freshour works as an adjunct professor for the Human Nutrition and Foods Department teaching an introduction to nutrition course, as well as a Sports nutrition course that she developed.

She is a registered dietitian with the Academy of Nutrition and Dietetics and is a Board Certified Specialist in Sports Dietetics (CSSD) - the first and only in the state of West Virginia. Freshour is also a member of the College and Professional Sports Dietetic Association (CPSDA), Sports and Cardiovascular Nutritionists (SCAN), USOC Sports Dietitian Registry (United States Olympic Committee) and the West Virginia State Dietetic Association.

Brooke Nissim-Sabat

Topic: If Nutrition is Your Passion, then Policy is Your Business



Brooke Nissim-Sabat is a native of Salt Rock, WV, and now lives in Fairmont with her husband Michael and son, Zeke. She has degrees from both Marshall and WVU and has been a registered dietitian nutritionist for more than 10 years. Brooke loves growing, cooking, preserving, learning about, and (especially!) eating food that nourishes our bodies and souls.

Cathy Shaw

Topic: Tackling Weight Management in WV



Bio: Cathy Shaw is a Registered and Licensed Dietitian with 24 years of experience as a clinical dietitian and nutrition counselor in a wide variety of practice areas including acute care, long term care, rehabilitation, outpatient and community settings. Originally from the Philadelphia area, she found her passion for dietetics in West Virginia where she received a Bachelor of Science Degree from West Virginia Wesleyan College and continued on to complete her Dietetic Internship at West Virginia University Hospitals, Inc. She was a member of the PEIA Weight Management Program team, providing Medical Nutrition Therapy to clients at Fairmont Fitness and Tygart Valley Rehab and Fitness for 4 years before coming on board as the RDN Program Coordinator for this statewide program in 2012. She has a Certificate of Training in Adult Weight Management from the Academy of Nutrition and Dietetics, and has been an active member of the West Virginia Academy of Nutrition and Dietetics serving as a member of the Executive Board since 2004.

As a weight management counselor, she takes pride in bringing her clients real life, practical approaches to healthy eating and weight loss, helping them navigate their way through the ups and downs of everyday life. She loves to help her clients develop a positive relationship with food and the world around them, and enjoys sharing her passion for food, family and fun! When she is not working, she loves to spend time with her husband and two active children. She enjoys cooking (and eating!), shopping and her precious early morning runs through the country roads of Fairmont West Virginia.

Megan Govindan

Topic: Culinary Medicine – A Fusion of Food and Medicine at WVU



Bio: Megan Govindan is a native of Wheeling, WV and graduate of West Virginia University with degrees in Family Consumer Sciences, Animal & Nutritional Sciences and Public Health. She is Director of the West Virginia University Didactic Program in Dietetics, Teaching Associate Professor in Human Nutrition & Foods, and an adjunct professor in Hospitality & Tourism. Megan will be talking about Culinary Medicine and applications and opportunities for dietetic students and Registered Dietitian Nutritionists. Megan enjoys gardening, yoga, and hiking through the Wild & Wonderful state of West Virginia with her husband Christopher and dog Murphy.

Cindy Franz

Topic: Nutrition Support in the Critically Ill Patient



Bio: Cindy graduated from Mercyhurst University with a BS in Dietetics. Currently, she is employed at CAMC – General Hospital where she has worked for the past 25 years. Cindy is a member of ASPEN and the former Dietitian at Large for WV ASPEN which unfortunately no longer exists.

Cindy has also been a Certified Nutrition Support Clinician (CNSC) formerly called a Certified Nutrition Support Dietitian (CNSD) for the past 10 years. Cindy is also a member of CAMC Nutrition Support Committee for ~ 24 years.

Barb Hartman

Topic: Spotlight on the Martinsburg Green Kitchen



Bio: Barbara Hartman, MS, RDN, LD, is the Chief of Nutrition and Food Service at the Martinsburg VA Medical Center where she and her staff have redesigned their operation to include a “Green Kitchen” focus. Starting in 2006 they began procuring locally grown produce, the program continues to slowly grow with a peak last year of 26 different items and \$24,000 in purchases.

In 2009 Barbara’s staff started a food waste management program where they divert food waste from the landfill with a food donation program and saving food scraps for composting on site.

In April 2010, the Martinsburg VA Nutrition and Food Service won a national VA Sustainability Award and in October 2010 they won the GreenGov Presidential Award in the Good Neighbor category.

Currently Barbara is the President of the West Virginia Academy of Nutrition and Dietetics and is the chair of the VA’s Nutrition and Food Service Green Environmental Management Working Group. She is a past chair of the Academy of Nutrition and Dietetics Hunger and Environmental Nutrition Dietetic Practice Group. Barbara participated in originating standards of professional performance for dietitians in sustainable, resilient and healthy food and water systems and has been nationally recognized for her contributions in promoting sustainable, resilient, and healthy food and water systems.

Whether at home or in an institution, preparing nutritious meals and completing the clean-up requires the use of natural resources. Gasoline is used to truck food from the farm to the kitchen, energy runs the refrigerators and stoves, and water is used for washing. At the Martinsburg VA Medical Center, the dietitian nutritionists and food service staff have redesigned their daily operations to reduce the amount of natural resources they use and increase their sustainability. This includes reducing food waste, maintaining a daily food donation program, saving food scraps for composting, phasing in meat raised with responsible antibiotic practices and incorporating locally grown produce into menus. Martinsburg’s “Green Kitchen” has served as a model for many VA’s food service practices.

This expert talk will review some photos of the Martinsburg Green Kitchen and show metrics of how their practices are slowly contributing to a movement in the VA on a national level. The attendee will be refreshed to see an example of action that is representative of a movement among US health care facilities in general toward increased sustainability.

Kristen McCartney

Topic: Farmer's Market SNAP Success



Kristin McCartney received her undergraduate degree in Dietetics at Marshall University and Masters in Public Health at West Virginia University. She currently works with WVU Extension as a Public Health Specialist and is the coordinator for the WV SNAP-Ed program. She has spent much of her career in the treatment or prevention of obesity both in adults and children. Her special interests include food access and agriculture in communities and use of behavioral economics to influence people's food choices. She has been able to apply these interests through creative programming such as the McDowell "Kids Koupon" project, which provided over 1000 children/parents with vouchers to purchase locally grown produce. She has also partnered with the Office of Child Nutrition to carry out a state wide Smarter Lunchroom campaign. Her talk will empower nutrition with tools and resources that they can use to also get involved and make a difference.



Amy Gannon

Topic: How to Be a Media Ready RD

I will be sharing the experiences I've been fortunate to gain related to the prevention and treatment of childhood obesity- everything from training other practitioners, students, and childcare providers to working with EFNEP and SNAP-Ed programs, and of course clinical care and treatment through the Healthy Kids Weight Management Program.

Gina Wood

Topic: Partnerships and Possibilities:



Bio: Gina Wood, MPH, RDN, LD is a registered dietitian nutritionist with over 17 years' experience in acute care, private industry, school wellness and public health. She is a former manager of the state Diabetes Prevention and Control Program where she focused on improving the quality of clinical care and education for people with and at risk for diabetes. Gina is currently working with WVU Extension Service in the Family Nutrition Program where she directs the Expanded Food and Nutrition Education Program. This program in partnership with SNAP-Ed helps improve access to knowledge and skills for healthy living to limited-resource families and youth.

Increasing Adult Participation in Community-based Nutrition Education Programs. The WVU Extension Service Family Nutrition Program provides nutrition education and obesity prevention outreach to limited resource families and youth across the state. One of the goals of the program is to increase its reach to adults with young children which has historically been challenging. Through the development of new partnerships the program was able to increase its reach by over 50% last year. This presentation will describe some of those relationships as well as strategies for recruitment and retention of adult audiences.

Cindy Gay – Farmer's Market Demo

Topic: Setting Up an Engaging Farmer's Market Demo in Your Hometown



"I'm Cindy Gay, a registered and licensed dietitian in Morgantown, West Virginia. I'm here today representing the Farmers Market and local farm families to demo a delicious recipe made with local foods. Our Confetti Egg Salad is made with eggs from free range chickens and produce from local farmers committed to organic practices. I'll share a unique way to cook the eggs without the shells. As an RD working in West Virginia for 40 years, I planned nutritious recipes and meals for 1,000 customers a day. I now enjoy doing that for just a few."

Friday PM sessions:

Intro: Megan Govindan

Joshua Lohnes

Topic: "The state of food access in West Virginia": Exploring the relationship between food markets, public food programs, charities and alternative food movements in expanding or hindering access to nutritious foods in the Mountain State.



Bio: Joshua is a PhD candidate in Geography at West Virginia University. His research centers on humanitarian food networks and the political economy of emergency food in the United States. He is the associate director of WV FOODLINK, an action research project that works to enhance community food security in West Virginia by developing planning resources, sharing data and promoting local and regional food policy coalitions. Joshua is involved in a number of other food related projects in the state including Conscious Harvest Cooperative, a gardening network working to with local anti-hunger organizations to close food access gaps in Monongalia county. He also sits on the board of FIRSHAND, a multi-stakeholder cooperative working to provide educational opportunities for students to engage with ethical supply chains and alternative economies at home and abroad.

Intro: Christina Nelson

Debra Krummel, PhD, RDN, FAND

Topic: Food Literacy – How can it be Addressed?

Bio: Debra Krummel, PhD, RDN, FAND was the Ruth E. Rosevear Chair, a Millennium Scholar, and an Associate Professor at the University of Cincinnati. She has held positions as a clinical dietitian, outpatient manager, consulting dietitian, and research scientist prior to her academic

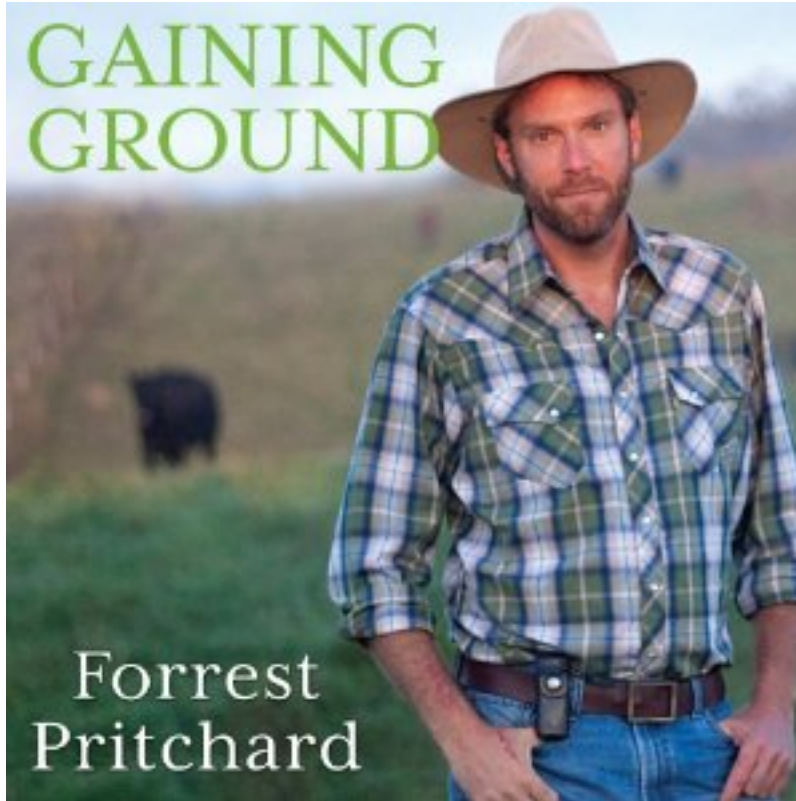


appointments. Early in her career, she was the Recognized Young Dietitian of the Year for the state of Pennsylvania. Her BS degree in nutrition was completed in three years (the Ohio State University and Kent State University). She completed an American Dietetic Association accredited internship at Cincinnati General Hospital. After the internship, she completed the Master of Science degree in Nutrition at Case Western Reserve University and a PhD in Nutrition from the Pennsylvania State University. After receiving her doctorate, she completed a post-doctoral fellowship at the Center for Cardiovascular Research, Department of Internal Medicine, at Sinai Hospital in Detroit Michigan. At West Virginia University School of Medicine, she was a core faculty member of the Prevention Research Center and part of

the department of Community Medicine. She has been very active in local, state, and national dietetics groups including Chair Academy of Nutrition & Dietetics Research Committee, Chair Research Dietetic Practice Group, and Chair Evidence Analysis Library Sodium Project. The current focus of her work is on improving food literacy in low-income populations.

Intro: Lacy Davidson

Topic: Making Connections: *Connecting with our farmers, connecting with how different types of food are grown and why it matters, connecting the relationship between nutrition and health/disease, and how we can best connect with our West Virginian communities to tie these teams together.*



Forest Pritchard

Forrest Pritchard is a seventh-generation farmer and *New York Times* bestselling author, holding a B.A. in English and a B.S. in Geology from the College of William & Mary. Upon returning from college in the mid 90s, he took over his grandparents' farm –primarily growing GMO corn and soybeans– hoping to make the land profitable for the first time in decades. On harvest day, when five tractor-trailer loads of grain reaped a meager paycheck of \$18.16, he realized his family's farm must radically change course. The following season, he devoted himself to farming organically and

sustainably, raising free-range cattle, pigs, sheep, goats and chickens.

Twenty years later, his farm Smith Meadows is one of the oldest “grass finished” farms in the country, and sells at leading farmers' markets in Washington DC. Chronicling his farming adventures, Forrest's book Gaining Ground, A Story of Farmers' Markets, Local Food and Saving the Family Farm was named a top read by *Publishers Weekly*, *The Washington Post* and NPR's *The Splendid Table*, and made the *New York Times Bestseller* list.