



Serving Adams, Brown, Fayette, Gallia, Highland, Jackson, Lawrence,  
Pike, Ross, and Scioto Counties

Founded 1995

**Our Mission . . .**

*To encourage through education and demonstration the sound management and appreciation of woodlands, wildlife, soil and water resources. To provide information and technical assistance to members interested in the planning, management, and the use of forestry resources for economic and recreational purposes.*

## SEPTEMBER MEETING

We had a great meeting on 12 September after touring the Ohio Division of Forestry's Seip house in Chillicothe. Thanks and a special shout-out to Nate Jestor for a very informative tour. Completed in 1898, the Queen Anne style building was home to the large family of German immigrant, Charles Seip. Mr. Seip was a successful butcher in Chillicothe during the late 1800s who built the house on the site of his shop. He and his wife raised a large family in the home where the siblings lived until the last sibling, Elizabeth, died in 1952. The property was sold to the State of Ohio in 1953 and has served as office space for the Ohio Division of Forestry since then. The floors, trim, doors, banisters, and stained glass in the house are beautiful and each area has a different finial at the corner of the door frames. Almost all of the structure is original, including the ornate tile work and edging around the floors. The house is not available for tours, but if you have business with anyone from the Division of Forestry, you're welcome to conduct it in their offices.

After the tour, we all moved over to the Lion's Club for some chow and a short meeting. We discussed many of the same topics we talked about at the officers' meeting in August.

Just a reminder regarding the October meeting, we will plan to eat at five o'clock and start the meeting a bit early because it gets dark so early. There is limited parking at our place, so we encourage everyone to car pool. We are near the Jasper park and ride on Route 104 (just south of 32), so people can meet there and hop in and ride together the rest of the way. Our street address is 1912 Wynn Road in Piketon. It's off of Loy's Run Road.

And, you're welcome to come early to see all the decorations. Our speaker in October will be Marne Tichner, a bat researcher from OSU. I think it's going to be very interesting and informative. See you all soon!                      Kelly

**SOFA OFFICERS**

Brent Flaskerud, Chair  
410-703-6166

[Redstreakerhollowfarms@gmail.com](mailto:Redstreakerhollowfarms@gmail.com)

Jim Meacham, Treasurer  
740-988-2073

[jmeach42@gmail.com](mailto:jmeach42@gmail.com)

Rick Wright, Co-Chair  
740-626-2382

[wdssteward@gmail.com](mailto:wdssteward@gmail.com)

Kelly Flaskerud, Secretary  
410-703-1512

[Redstreakerhollowfarms@gmail.com](mailto:Redstreakerhollowfarms@gmail.com)

Tim Shoemaker, Editor  
740-851-9127

[tshoe140@horizonview.net](mailto:tshoe140@horizonview.net)

Southern Ohio Forestland Association

## People, Places and Experiences

Yup Forrest Gump's Momma was right, "Life is like a box of chocolates"

I have been fortunate to travel across the United States for most of my adult life. Some trips were for pleasure, some for work and some to hunt or fish. Traveling has enriched my memories and library of experiences. As I have traveled with family, friends and co-workers I have learned that indeed Mrs. Gump was on to something. When you venture out into the world you may have reasonable expectations, but you never know what you will find. Gladly most are sweet and enjoyable, just like that box of chocolates.

One of my earliest forays into this great country came as a young farm boy (early 1960s) when my family packed up our old station wagon and headed to south Texas and Louisiana. Dad had constructed a platform bed in the back of it that we could sleep on and store our luggage under. As kids the only world we knew personally was our community of Bainbridge and Paint Valley. Soon our horizons would expand. I don't remember much about the whole trip, but three experiences were stored in my permanent memory. In Louisiana we saw a huge cargo ship deposited in a dry field by a hurricane, just outside of Camron Louisiana, we were both amazed at it's size and the wonder of how it got there. My next memory was when we stopped to see the ocean and had a picnic. I got my first opportunity to fish in the ocean and was thrilled. Even though it was just off a small rock jetty. I remember mom bought a pack of hotdogs from a store to roast on the seashore. They were red as all get out and tasted equally as bad. As we journeyed over into Texas, we came across a new wonder lying on the roadside, an armadillo. Now to south Texans, armadillos may be like squirrels, but for 4 farm kids from southern Ohio it was like finding a living dinosaur, Dad snapped a picture of us all gathered around looking at it and that picture has been the source of many family jokes.

As adults we have traveled to most of the states east of the Rockies. We walked the ocean beaches and watched the whales. We have gorged ourselves on great seafood and many other cuisines. We watched buffaloes on the plains along with many other plains species. We also encounter people and their stories along the way. People like telling you, their stories. I often engage with people in hotel breakfast rooms and get some interesting stories. I remember an older woman talking about winters around Pierre South Dakota. How blizzards would drop the temperatures as low as minus 25F and bring deep windblown snows. The valleys throughout the Missouri breaks would fill up with snow and only the tops of trees would stick out. She shook her head and said as if warning everyone, "you never go near the treetops sticking out of the Snow, they are death traps". She explained the snow would be loose like quicksand around them and would collapse and suck you in before you could get away.

One constant I have found is hospitality. Americans at heart are very accepting and friendly. Hunting turkeys has taken me to many parts of the country and what I specifically like about hunting in other geographic regions is getting off the roadways and away from towns. There you encounter life as it's lived by locals, the new landscapes, plants and animals. Discovering new customs and the local vernacular is often interesting. I chuckle as remember some of my early forays into the Kentucky hills and learning a new language. I soon learned that when a good ole boy said, "you go down that drain until you find some rock pillars and that's a good place to start", that he wasn't talking about what went down the kitchen sink. His drain is a small valley to us and rock pillars are an old house foundation.

I have hunted turkeys from east to west and south. I got to roam the cattle ranches of Oklahoma and Montana and see the mountains and sage thickets. In Oklahoma I found it amusing to watch the roadrunners scurry about but was pretty leery of the rattlesnakes. I found it interesting that because of the lack of tall trees the turkeys would often roost on power poles. One evening we sat down to dinner and our host served us a wild turkey casserole. We learned that this morning the rancher had witnessed a gobbler roosting on a power pole cross member and when he went to fly down he touched wires and was electrocuted. So, he picked him up and cleaned it.

In the Black Hills I could see elk, deer, sheep and even signs of mountain lions. In Florida we could marvel at the alligators and many new birds. We were treated to fresh oranges, fruits and a wild pig BBQ. Life traveling the U.S. is like a box of Chocolates, Forrest.

Frustrations.

**S.O.F.A. Resource  
Advisers**

Mark Rickey,  
DNR, Forester Fayette  
740-774-1596 ext 109  
[Mark.Rickey@dnr.state.oh.us](mailto:Mark.Rickey@dnr.state.oh.us)

Perry Brannan,  
DNR Forester Jackson,  
Lawrence, Galia, Meigs  
740-589-9915  
[Perry.Brannan@dnr.state.oh.us](mailto:Perry.Brannan@dnr.state.oh.us)

Brad Wireman,  
DNR Forester  
Clinton, Highland  
614-212-3288  
[brad.wireman@dnr.state.oh.us](mailto:brad.wireman@dnr.state.oh.us)

Trenner Wile.  
DNR Forester  
Hocking, Ross, Vinton  
740-438-6954  
[trenner.wile@dnr.ohio.gov](mailto:trenner.wile@dnr.ohio.gov)

Jeremy Scherf, ODNR  
Camp Canopy Director  
740-439-9079  
[Jeremy.Scherf@dnr.state.oh.us](mailto:Jeremy.Scherf@dnr.state.oh.us)

Alyxandra Flott, ODNR  
Service Forester  
Pike, Adams, Scioto  
330-727-8610  
[alyxandra.flott@dnr.ohio.gov](mailto:alyxandra.flott@dnr.ohio.gov)

**YOU MISS THE 26TH ANNUAL OHIO PAWPAP FESTIVAL!****September 13-15 th**

The pawpaw (*Asimina triloba*) is North America's largest edible native tree fruit. The fruit has a wonderful creamy texture and a tropical flavor. Southern Ohio is home to some of the largest and best tasting wild pawpaw patches on the planet. The pawpaw is also super nutritious and historically significant.

The Ohio Pawpaw Festival is a fun-filled, educational community event celebrating one of America's largest native tree fruits, the pawpaw . This all-weekend event highlights the rich history and future possibilities of the pawpaw through delectable food and beverages, and a full line-up of presentations and activities that cover pawpaw growing, cooking, genetics, medical use and other topics related to sustainability. Special events at the festival include competitions for the best and biggest pawpaw, a pawpaw cook-off, a best pawpaw-related work of art and the ever-popular pawpaw-eating contest.

**The Paul Bunyan Show October 4-6, 2024**

GUERNSEY CO. FAIRGROUNDS CAMBRIDGE, OHIO

The Paul Bunyan Show is presented by the [Ohio Forestry Association](http://www.ohioforestry.org).**Food • Crafts • Fall Family Fun, Lumberjack Competitions,  
and Equipment Demonstrations**

The mission of the Paul Bunyan Show is to provide access to current knowledge and technology which enhances the quality of life and market competitiveness of individuals, families, industries, and communities. This mission is accomplished by showcasing research, products, services, and experience through educational exhibits, presentations, and demonstrations on the forest industries, natural resources and lifestyles.

**Things You Will See and experience:**

Camp Canopy Information, Buckin Billy Ray Smith, The Morgans, All major Chainsaw Manufacturers, Log Splitters, Firewood Processors, Logging Equipment from big to small, Woodstoves and Furnaces, Tools, Industrial Tires, Tractors, Chainsaw Sculptures, Woodland Experts, Sawmill Manufacturers, First Aid & Medical Products, Maple Syrup, Safety Footwear and Clothing, Cookware, Tractor Attachments, Log Loaders and Trailers

**A Note to all who read this newsletter:**

You do not have to be a member to attend our monthly activities, come see what we are all about. No need to bring anything, just come enjoy! We'll feed you for free!

More info: Email [tshoe140@horizonview.net](mailto:tshoe140@horizonview.net)

**FACEBOOK**

Check often, there is timely information, that cannot make it into the newsletter!

It is a private group, so you may want to register. After registering you will be able to post entries. This will enable us to put out immediate information, such as cancellations, or other plan changes. In order to register, open Facebook search for "S.O.F.A." There you will be able to join the group.

## SOFA Meetings for the rest of 2024

October 10 th	Brent & Kelly's Spooky Hollow (Bats)
November 14 th	Auction / fund raiser
December 12 th	Annual Meeting / Christmas Party

## Tentative SOFA Meetings & Ideas for 2025 Dates usually the second Thursday, others TBA

Feb 15th, (Sat)	Maple Days Demonstration
March	Forest Craft
April	Hunting Leases
May 8th, (Thurs)	Hilger's Farm / Farm Tour Saw Mill Demo -
June (Randy Sanders)	Indian Craft / Forest Edibles
July	Paper Mill
August	Family Forest Carbon Program (tentative for Aug or Sept)
September	Avian Diseases / Extension Service Cooperative Event
October	Fruit Trees
November	Auction
December	Annual Meeting / Christmas Party

### ***A DAY in the WOODS***

We are proud to announce the lineup of events for the 2024 edition – our 13<sup>th</sup> season!

**October 11** – Critter Homes: Wildlife Habitat Improvements

**November 8** – Forest Stand Improvement

You can find our 2024 brochure on our [Facebook Page](#) and [Website](#) for any updates.

We look forward to seeing you in 2024!

#### **Jessica Burns**

Agriculture and Natural Resources Educator  
Community Development Educator

#### **OSU Extension – Vinton County**

31935 State Route 93 McArthur, OH 45651  
Office: 740-596-5212

[burns.1097@osu.edu](mailto:burns.1097@osu.edu) / [vinton.osu.edu](http://vinton.osu.edu)

### **SOFA DUES**

Please note! We don't want to loose anyone as a member, If your dues have been forgotten for the past few years, NO WORRIES! If you simply pay the current years dues, you will be completely caught up! We value your involvement, and would love to see you at the next meeting! Our Officers try hard to put on informative programs, as well as fun things that we “Outdoors People” like to do! See you soon!

# Ginseng: Appalachian Ohio's Medicinal Treasure

September 30, 2024 By: Becca Thomas

While southeastern Ohioans are used to seeing crops like corn and squash harvested in the fall, one crop they might not be familiar with is ginseng, which is also in its harvesting season. Used for medicinal purposes for thousands of years in Asia, ginseng is a slow-growing perennial herb that thrives in rich soil and dense shade. Among the multiple species in the genus *Panax*, *Panax quinquefolius*, also known as American ginseng, is native to North America and has been growing in the region for millennia.

Farmers interested in cultivating ginseng must be patient; ginseng doesn't reach maturity until seven to 10 years after planting.

## A Place for Ginseng in Ohio's Woodlands

Chip Carroll, who helped form Rural Action's Sustainable Forestry Program and worked closely with producers growing medicinal herbs in their woodlands, has been engaged in ginseng cultivation for 30 years. "I fell in love with the idea of being able to grow this high-value herb in my woodlands," Carroll said. "Once I learned that this was a possibility and met some others who were growing ginseng, I thought this would be a great opportunity to create a potential retirement income stream for myself. I recognized, too, that ginseng could play a role in the conservation of medicinal herbs and entire forests throughout the region."

Carroll has since worked extensively with other growers throughout the region, providing education and assessment for new and existing ginseng growers in Ohio, West Virginia and Kentucky. The lush woodlands ever present in southeastern Ohio offer a great opportunity for many potential ginseng farmers.

Carroll is the Sanctuary Steward for United Plant Savers' 370-acre Botanical Sanctuary in Rutland, Ohio, where he also oversees their Medicinal Plant Conservation Certificate Program. He has also worked for the U.S. Forest Service for the past eight years, monitoring wild ginseng populations on public lands.

## Ginseng Cultivation

Ohio has an established program to encourage the collection and continued presence of ginseng. At the forefront of this effort, Rural Action has sold 80 pounds of ginseng seed annually since around 2012, with some of that going to forest farmers in Appalachian Ohio.

Andrea Miller, Sustainable Forestry Director for Rural Action, said the ginseng cultivation helps encourage sustainable production through a model of "conservation through cultivation." "If more people are growing ginseng and then selling wild simulated cultivated ginseng, that can mean that less plants are wild harvested," Miller said.

The harvesting season for ginseng began on Sept. 1 so while it's too soon to learn how much will be harvested in the region, much of the demand for American ginseng is met through wild harvest.

## Agroforestry in Action

This model of sustainable cultivation directly correlates to Rural Action's work in agroforestry. "In its basic form, agroforestry is simply moving agricultural activities into the woodland while utilizing best practices to produce crops that can have a benefit on overall forest health and habitats," Carroll said. "Agroforestry activities such as growing ginseng can fit into and work alongside almost any land management scheme and offer an environmental and economic benefit." Agroforestry has long been considered a leading practice for reducing impact on the climate.

## Ginseng's Future in Ohio

Ginseng farmers like Carroll might have to work long and hard for their harvest, but are contributing to a sustainable farming practice that could benefit future generations. "Ultimately I know that every ginseng root I can produce is one less root that will need to be harvested from the wild to supply demand," Carroll said. "Ginseng is unique because it encompasses economic, environmental and cultural boundaries and therefore can play a role in the overall health and livelihoods of many people who derive one or all of these benefits from it."

1912 Wynn Rd  
From St Rt 32, South on St Rt 104, 3 miles, turn right on Loy's Run Rd (Co Rd 28), half mile, turn right on Wynn Rd, 1 1/2 mile driveway on left.

**PARK & RIDE**

If you are able to meet at the park & ride just after you turn on St Rt 104, at about 4:15 there will be others that you can car pool with, due to limited parking. If you need to drive, there will be parking attendants to help keep everyone from getting blocked in!

OCTOBER 10 th

**BATS in SPOOKY HOLLOW!**

Brent and Kelly Flaskerud's "Enchanted Forest"

1912 Wynn Rd, Piketon, Oh 45661

Marne Tichner, a bat researcher from OSU

will be giving a talk about BATS!

Costumes are encouraged

**S.O.F.A.**

3681 US Highway 23  
Chillicothe Oh 45601



Visit us on the web at [www.ohiosofa.org](http://www.ohiosofa.org)

Meeting locations will vary from month to month, watch for announcements!

**APPLICATION FOR MEMBERSHIP**

NAME \_\_\_\_\_ PHONE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ STATE \_\_\_\_\_  
EMAIL \_\_\_\_\_

If you own woodland, in which county? \_\_\_\_\_ Acres Owned? \_\_\_\_\_

New Member \_\_\_\_\_ Renewal \_\_\_\_\_ Scholarship Fund Donation \$ \_\_\_\_\_ Thank-You

Mail application / renewal & check to Jim Meacham, 4332 St Rt 776, Jackson Oh 45640

Make Check Payable to Southern Ohio Forestland Association (SOFA)

**Individual \$15, Family \$25, Partnership, Association, or Corporation \$25**