

John A. Knab

Principal | Washington, D.C.

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Overview

John serves as general outside counsel to business organizations and their owners, advising on a range of legal issues, controversies and opportunities.

John advises clients on a wide array of commercial matters, such as service agreements, licenses and other contracts; mergers and acquisitions; equity and debt financings; and other business transactions.

John represents clients in multiple industries, in particular **government contracting**, **transportation** and **food & beverage**.

For **government contracting** clients, many of John's clients are small to medium sized companies that are based in the Washington, D.C. metropolitan area and provide goods and services for U.S. Government procurement. He advises on government contracts, subcontracts, teaming agreements and joint ventures; on organizational and financing issues; on the structure and negotiations of mergers and acquisitions; and on obtaining novations. John also advises clients with regard to bid protests and government contract disputes.

For **transportation** clients, John represents numerous transportation companies that provide services to the U.S. Government, especially the U.S. Department of Defense under the U.S. Transportation Command (USTRANSCOM).

For **food & beverage** clients, John's practice focuses on advising clients in the natural, organic, plant-based, vegan and food tech arenas.

He has advised clients in numerous transactions, helping them achieve excellent results when they sell their companies.

Areas of Focus

- [Business](#)
- [Communications, Telecom & Media](#)
- [Consumer Brands & Goods](#)
- [Emerging Companies & Venture Capital](#)
- [Food & Beverage](#)
- [Government Contracts](#)
- [Health, Beauty & Wellness](#)
- [High Net Worth & Luxury Law](#)
- [Mergers & Acquisitions](#)
- [Sports & Entertainment](#)

Admissions

- Maryland, 1993
- District of Columbia, 1995
- U.S. Court of Federal Claims, 2014

Education

- J.D., Washington College of Law, American University (*cum laude*), 1992
- M.A., American University, Law in International Relations, 1993
- B.A., State University of New York at Albany, Russian, 1986

Languages

- Russian

Professional Activities

- American Law Institute, Instructor, 1997-1999
 - “An Introduction to the Legal System”
- Bar Association of the District of Columbia, Member
- Democracy International
 - Egyptian Parliamentary Elections, Election Observer, 2014
- Federal Contracting Academy, Montgomery County Community College, Instructor, 2011
 - “Introduction to Federal Procurement Law”
- Maryland State Bar Association, Member
 - Business Law Section
 - Subcommittee on Emerging Companies

Community Activities

- BSA Venture Crew 52 (Chevy Chase, MD), Venture Advisor, 2015-present
- East Bethesda Citizen Association, Member

News & Insights

News

[Foster Garvey Attorneys Help Establish Portland-Lviv Sister City Association, Strengthening Cultural Ties](#)

[09.04.24](#)

Events

[Palm Beach International Boat Show 2026](#)

[03.25-03.29.2026](#)

[“Ethics and Compliance for Government Contractors,” MACPA’s Southern Maryland Government Contractors’ Conference](#)

[05.25.22](#)

[Hot Topics in Government Subcontracting](#)

[10.03.13](#)

[“Be Aware: Federal and State Securities Rules Apply to Start-up Companies,” Montgomery County’s Business Innovation Network Luncheon](#)

[03.11.10](#)

[“Negotiating the Deal,” National Association of Broadcasters Education Foundation Broadcast Leadership Training Program](#)

[02.07.10](#)

[“Safety Act for Certified Cargo Screening Facilities,” Global Trade and Commerce Association, Air Cargo Security Summit](#)

[10.28.09](#)

[“Prime Versus Sub Considerations,” Maryland Association of CPAs, Annual Government Contractors Conference](#)

[09.09.09](#)

["How to Avoid Pitfalls in Government Subcontracts," Garvey Schubert Barer and Macro Solutions, Inc.](#)

[06.24.08](#)

Legal Alerts

[A New Source of Government-backed Financing For U.S. Food Supply Chain Businesses](#)

[03.24.23](#)

[It Pays to be Small: New Guidance Gives PPP Loans under \\$2 Million a Safe Harbor](#)

[05.13.20](#)

[New Government Guidance Clarifies PPP Loan Eligibility, Promises Enforcement](#)

[05.01.20](#)

[The CARES Act and Portfolio Companies: Preliminary Guidance on Affiliation Rules](#)

[04.03.20](#)

[Paycheck Protection Program: SBA Guidance and Application Available](#)

[04.01.20](#)

[Dealing With a Government Shutdown: Making the Best of a Bad Situation](#)

[01.19.18](#)

[For Liability for Implied Fraud Under the False Claims Act, Materiality Is the Key](#)

[06.23.16](#)

[U.S. Government Requires Higher Minimum Wage for Certain Federal Contracts](#)

[06.30.14](#)

[Aggressive Enforcement Increases Importance of "Country of Origin" Compliance in Federal Contracting](#)

[08.07.13](#)

[SBA Implements Rule Changes to Strengthen Federal Small Business Subcontracting](#)

[08.01.13](#)

[SBA Adds Sharp Teeth to Small Business Size Certification and Status Rules](#)

[07.30.13](#)

[DoD Adopts Final Rules That May Allow Project Management Support Contractors to See Your Proprietary Technical Data and Software](#)

[06.05.13](#)

[The Shift from Best Value to Lowest Price, Technically Acceptable Evaluations](#)

[03.28.13](#)

[Sequestration & Austerity May Increase Government's Use of Terminations for Convenience - Be Prepared!](#)

[03.12.13](#)

[Be Careful about Personal Data Protection Clauses - Review Them Closely Before Agreeing to Them](#)

[01.29.13](#)

[Subcontractors: Be Careful About Accepting the FAR Clause Requiring a Contractor Code of Business Ethics and Conduct](#)

[10.01.09](#)

Publications

[The Perils of Not Keeping Good Records](#)

[06.08.16](#)

[The Dollars and Cents Importance of Maintaining Company Records](#)

[12.05.14](#)

[U.S. Sanctions Laws Reach as far as China](#)

[11.03.14](#)

[Screening Needs a Stimulus](#)

[10.12.09](#)

[Russian Sports Law](#)

[01.01.97](#)

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