

Heart Centered Living's Fall Fermentation Workshop

Taught by Erick Clasen and Bonnie Pecka

The workshop will be held on November 7th 6:00-8:00 PM at the First Congregational Church, 30 Main Street Binghamton, New York. Class will be held downstairs in the church kitchen.



The focus of this workshop will be on the basics of fermenting foods. Fermented foods are not only healthy (full of probiotics, vitamins and minerals), they are easy to make and also extremely tasty.

Sauerkraut, fermented ginger and carrots and beet kvass, a delicious drink for the fall season, will be the stars of this workshop. Sauerkraut is an old favorite that many people are familiar with and is a good starting point for trying to ferment your own foods. Fermented carrots and ginger are a zesty combination that introduces a bit of experimental flavoring into the fermentation process.

You will have the opportunity to taste these at the workshop. Besides samples of sauerkraut and carrot / ginger ferment, there will be kombucha, water kefir, and a few varieties of beet kvass.

Workshop attendees will participate in making their own sauerkraut and carrot / ginger fermentations to take home.

Beet Kvass

Beet kvass is a fermented tonic and a snap to make. It's a delicious choice to incorporate into your health and wellness tool belt any time of the year. Because it is packed full of probiotics, vitamins and enzymes, it is not only tasty, but healthy and nourishing. In addition to beets, other things can be added to flavor (and further fortify) the beet kvass, such as ginger, garlic, citrus, etc.

Registration

The workshop **cost is \$20** per person. Seating is limited. Please register for this workshop by Friday November 4th.

Registration is as simple as **responding via email to erickclasen@frontiernet.net** or call Erick at **607-226-6943** and make a commitment to attend.

Call or email today to join us for this fun and informative workshop.