



# Ferments & Probiotic FOOD WORKSHOP

24 June 2017

Orana Steiner School, Unwin Place, Canberra



## Topics

- Microorganisms
- Probiotics
- Health benefits
- Why Ferment
- Who Ferments
- Sauerkraut
- Kimchi
- Kefir
- Kombucha

## What you'll need to bring

- 3 x medium jars (approx. 750ml)
- 3 x small jars (approx. 350ml)
- Cutting board & knife
- Apron (optional)
- Notebook and pen

## Cost

\$135 Southern Harvest Members  
\$150 General Admission

## Catering

Delicious brunch included.

## BOOKINGS ESSENTIAL

Book online or email  
[education@southernharvest.org.au](mailto:education@southernharvest.org.au)  
for an invoice.

If you've been curious about raw cultured fruit and vegetables but felt unsure about how to bring these foods into your life, this is the workshop for you. From dry-salting cabbage to make kimchi and sauerkraut, to pickling carrots and cucumbers, and fermenting seasonal fruits into delicious fizzy drinks, we'll cover a variety of traditional ferments and methods. We'll discuss how these foods provide your gut flora with abundant friendly micro-organisms that help digest food, eliminate toxins and improve your immunity. It's a great way to extend the life of your garden produce. There'll be a wide variety of fermented foods and drinks to taste on the day plus a delicious home-made brunch. You'll get to take a variety of SCOBY cultures (including kefir and kombucha) to continue your fermenting at home.

## We will cover:

- dry-salting, brining and liquid infusion methods
- how to keep, store and use kefir and kombucha in your own kitchen
- hands-on learning with ferments to make and take home.

*"I'm really enjoying eating the lovely ferments, the lemonade and kimchi are especially delicious! Thanks so much for your generosity in sharing, the workshop was really well run." Angela.*

## About your instructor

**Emily Stokes** has taught hundreds of adults how to make the most of their garden produce and turn vegetables into delicious probiotic ferments in their own home. A self-taught fermenter of 15 years Emily has a mission to feed her family the healthiest most ethical food possible. She is based on her permaculture-Holistic Management inspired property on the NSW Far South Coast. [www.fermaculturefarm.com](http://www.fermaculturefarm.com)



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