



N.C. Cooperative Extension
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For Immediate Release:

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The Art of Fermentation: Hands-On Workshop

Maybe you've heard about it on the news, read about it in a magazine or attended a dinner party where it was served....and maybe it made you a little nervous. We're talking about home-fermented foods. The practice of fermenting food and drinks has been around for thousands of years but has just recently resurfaced as trendy in the United States. Join us at this hands-on workshop where we will cover safe methods of fermenting foods: sauerkraut, vegetables, kimchi, yogurt as well as kombucha. Participants will have the hands-on opportunity to make kimchi and kombucha. All supplies and resources will be provided.

When: Tuesday, October 22, 2019

Where: Madison Co. Cooperative Extension Center

Time: 1 pm - 4 pm OR 5 pm - 8 pm

Cost: \$15

To Register, please call (828) 649-2411 or email: Sue_Estridge@ncsu.edu

Registration and payment are due by October 18

