



Introduction to Wild Fermentation

Instructor: [Stephanie Boucher](#)

Come join us as we explore the art, science and nutrition of the age-old practice of fermenting foods. Wild fermentation is the practice of using naturally occurring yeast and bacteria to ferment, flavor, and preserve food. Lactobacilli that are present, for example, on the leaves of the cabbage plant are harnessed to make sauerkraut. This is as opposed to more "tame" fermentation that uses refined and imported cultures to ferment foods (such as with kombucha and tempeh). Wild fermentation can be a little temperamental and is hard to standardize from one batch to another, but therein lies much of the fun (and a lot of flavor)! You'll be surprised how fun and easy it is! Learn how to make a number of tasty foods like sauerkraut, kimchi, real pickles, sour cream, tempeh and kombucha.

<u>Required Supplies List:</u>	Mason jars to take home finished samples and freshly-made ferments
<u>Minimum Class Size:</u>	5
<u>Maximum Class Size:</u>	15
<u>Minimum Age:</u>	16
<u>Minimum Age with Adult:</u>	13
<u>Course Dates & Times:</u>	Tuesday, October 25 th , 6 pm to 9 pm
<u>Tuition Price:</u>	\$35 per person
<u>Materials Price:</u>	\$7
<u>Total Course Price:</u>	\$42 per person
<u>Deposit due upon registration:</u>	\$42
<u>Registration Deadlines:</u>	Tuesday, October 18 th , 2011

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