## Free Fantastic Fermentation Basics Workshop!

Join Caitlin Iles, holistic & culinary nutritionist, October 27<sup>th</sup> for a fabulous free event at Station 20 West! This workshop on fermented foods will cover what exactly fermented foods are, their importance in achieving & maintaining lasting health, and lots of demo-style instruction on how to ferment foods at home quickly, easily, and affordably. You'll learn to make:

- Flavoured Kombucha
- Vegan Coconut Milk Yogurt
- Switchel
- Pickled Jalapeno Plum Salsa
- Flavoured Simple Sauerkrauts!
- Everyone gets to sample all the goodies at the end of class!

Where: Station 20 West

When: October 27th, 6:00 pm - 7:30 pm

Investment: FREE!!!

A community event brought to you by:







