

**Breeding Ferment: A Wild Fermentation Workshop with Sandor Katz**  
**Monday, September 15**  
**7-9pm at Algonquin College, rm. 205, 315 Pembroke St. E., Pembroke**

Come learn about the healing qualities and nutritional importance of live-culture ferments, as well as their illustrious history and integral role in human cultural evolution. Empower yourself with simple techniques for fermenting these healthful foods in your home. Watch Sandor demonstrate how simple it is to make your own sauerkraut, kimchi, kefir, and other fermented delicacies. Be part of the fermentation revival! Details at [www.wildfermentation.com](http://www.wildfermentation.com) <<http://www.wildfermentation.com/>> .

In this two-hour workshop, participants will learn about the importance of fermentation, as well as basic concepts and techniques, and will take home a basic sauerkraut instruction sheet.

Fermentation Fetishist Sandor Katz is author of *Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods* and *The Revolution Will Not Be Microwaved: Inside America's Underground Food Movements*. Sandor's Pembroke stop is part of a seven-date tour of Ontario and Quebec organized by the Algonquin Tea Company. Sandor's books will be available for sale, or if you'd like to purchase one beforehand, see <http://www.wildfermentation.com/> and follow the "books" link.

Registration fee: \$10 for the two-hour workshop. Space is limited. Register early. If you can't afford \$10, let us know and we'll see what we can do; we'll try not to turn anyone away for lack of funds. Pre-registration is required.

**To Pre-register** call or email Christina Anderman, Ottawa Valley Food Co-op Coordinator, [Christina@ottawavalleyfood.org](mailto:Christina@ottawavalleyfood.org) 613-757-3044