

# Fermented Foods Workshop

Ancient cultures from around the world evolved with fermented foods as part of their regular diet. With the birth of the fridge came the end of an era for regularly consumed fermented foods.

***Fermented foods are one of the single most important food groups we can introduce to our diets.***

The *Lactobacilli* in fermented vegetables *enhances digestion and increases vitamin levels*. These beneficial organisms produce numerous *helpful enzymes* as well as *antibiotic and anticarcinogenic* substances. Their main by-product, lactic acid, keeps vegetables and fruits in a state of perfect preservation and *promotes the growth of healthy flora throughout the intestine*.

Being unfamiliar to most of us these days means making fermented foods for the first time can be daunting. It is in fact very, very simple.

***Come and join us for a morning of making fermented vegetables and kefir.  
Pre-prepared samples will be available for tasting on the day.  
Take home with you what you make on the day.***

**WHEN:** Saturday 1<sup>st</sup> May 2010

**TIME:** 10am-1pm

**WHERE:** Pymble Grove Health Centre, Herb Garden

Suite 11, Level 3, 924 Pacific Hwy, Gordon, NSW 2072

Ph 0439 312 696 Fax 02 9418 1418 (Attn: Anna) Email: [workshops@nourish-ed.com](mailto:workshops@nourish-ed.com)

**FACILITATORS:** Helen Padarin, Anna Howlett and Heidi East.

**COST:** \$70 (includes supply of fresh organic vegetables, real milk, and fresh young coconut.

**YOU WILL NEED:** \*\*Fresh Kefir grain, \*\*dried kefir powder, \*\*vegetable starter culture, a \*\*Vegetable Press (all available for purchase if you do not already own these) and \*\* 3 glass jars (about 375ml size)

## Registration

(fax or post to Pymble Grove Health Centre – details above)

\*Name \_\_\_\_\_

\*Phone number/s \_\_\_\_\_ \*Email \_\_\_\_\_

Address \_\_\_\_\_

### Essentials - tick appropriate boxes:

- Workshop \_\_\_\_\_ \$70.00
- Vegetable Press \_\_\_\_\_ \$40.00
- Ferment Starter Kit \_\_\_\_\_ \$35.00 (includes 1x fresh Kefir, 1x dried kefir and 1x vegetable starter culture)

### Related products- also available:

- Additional Fresh Kefir \_\_\_\_\_ \$15.00 per piece
- Box of Vegetable Starter Culture \_\_\_\_\_ \$31.50
- Box of Dried Kefir Starter Culture \_\_\_\_\_ \$42.50
- "Nourishing Traditions" by Sally Fallon \_\_\_\_\_ \$49.50
- "Body Ecology Diet" by Donna Gates \_\_\_\_\_ \$42.00

TOTAL \_\_\_\_\_ [ ] Paying deposit (\$40) [ ] Paying in Full (tick)

Payment Method: [ ] Online deposit [ ] Cheque [ ] Cash

**\*\$40 deposit or full payment required to hold your place due to limited numbers.**

\*Cash, direct online deposit or cheque payment only. Cheques made out to Helen Padarin &/or Heidi East.

\*Direct online deposit details: Account name: Helen Padarin & Heidi East BSB: 062 182 Acc # :1009 6786

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