

Fermenting Workshop

Gardeners and interested members of the public are welcome to attend a workshop on small scale fermenting/kimchi presented by UW-Extension Master Gardener Volunteers.

Topics to be covered:

- ◆ Health benefits of fermented foods
- ◆ Safety considerations
- ◆ Fermenting container options
- ◆ Demo on how to make Kimchi

Thursday September 7th 5 PM
Saturday September 9th 11 AM
at the
Jackson County Farmer's Market
Diploma Drive - Black River Falls



There is no cost to participate. Copies of the talk and recipes will be provided. On Saturday you will be able to sample the kimchi from the Thursday demo. Bring a lawn chair and come join us.

For more information contact: Jackson County UW-Extension
(715) 284-4257 <http://jackson.uwex.edu/>

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