

# Traditional Nutrition Workshop Series

with Hunter Bahre and Lauren Jadovich

Admission to each class is \$10 | RSVP to [ljadovich@gmail.com](mailto:ljadovich@gmail.com)

April 16, 12:45–2:00pm	Sourdough
May 10, 6:00–7:30pm	Fermenting Vegetables
May 24, 6:00–7:30pm	Sourdough
June 14, 6:00–7:30pm	Kefir
July 19, 6:00–7:30pm	Sprouting
August 16, 6:00–7:30pm	Bone Broth
August 30, 6:00–7:30pm	Fermenting Vegetables

**Sourdough.** In this introductory workshop, you will create your very own sourdough starter for making all sorts of fermented baked goods. Learn about the history, science and the benefits of consuming sourdough, and sample several foods.

**Fermenting Vegetables.** Learn how to create your own sauerkraut! During this basic course you will create your very own sauerkraut, learn the process of fermenting vegetables and the benefits of consuming fermented foods, and sample a variety of fermented foods.

**Kefir.** Kefir is an ancient probiotic drink made by fermenting milk. Learn the benefits of consuming fermented milk in the form of kefir and how to make it. Each attendee will have the opportunity to take kefir grains to continue making at home!

**Sprouting.** Soaking and sprouting grains, legumes, beans, vegetables, and nuts decreases the anti-nutrients, while increasing digestibility. Learn how and why to sprout your food, learn the methods, sample sprouted foods, and become skilled at making your diets even more nutritionally dense.

**Bone Broth.** The art and science behind the age-old tradition of bone broth is new again. Join us to learn the benefits of consuming bone broth. Come learn why and how to make bone broth and incorporate it into your diet.