



## Saturday Workshop Descriptions

### **Fermented Vegetables ([Cheryl Paswater, Contraband Ferments](#))**

Discover the basic science behind how to ferment vegetables - from sauerkraut and beets to carrots and corn. Cheryl will give a basic demonstration of how to ferment vegetables while discussing the many health benefits fermented foods can provide.

### **Salsas, Relishes, and Other Fermented Condiments ([Cheryl Paswater, Contraband Ferments](#))**

Learn to make your own fermented condiments—ketchup, mustard, pesto, salsa, corn relish, hot sauce, and more! Get the history and science behind fermentation, as well as the basic principles to make your own delicious, probiotic-rich condiments. If you're a condiment junky like we are, then this is the class for you!

### **Delicious Drinks: Shrubs & Switchels ([Cheryl Paswater, Contraband Ferments](#))**

Delight your guests with these sophisticated, refreshing drinks! Both tart and sweet, a shrub is a tasty tonic made with a vinegar base, fruit, sugar, and herbs. Drink as a tonic or mix with mineral water or your favorite spirit. Students will learn everything you need to know to make your own tasty shrubs at home!

### **Basics of Sourdough ([Elizabeth deSimone](#))**

Nothing beats the smell of fresh bread, and with this workshop you can learn to make sourdough at home! Led by a sourdough expert, this workshop will cover the science of sourdough, techniques and recipes, and common issues.

### **Foraging & Fermentation ([Komorebi](#))**

Fermentation and foraging collide in this unique workshop! Join an experienced herbalist from Komorebi to learn about local wild foods and how to incorporate them into your fermentation practices.

### **Kimchi 101 ([Kimchenius](#))**

Learn how to make kimchi with a kimchi genius from Kimchenius! This workshop will cover the science of making kimchi, techniques, and common issues.

### **Cooking with Kimchi ([Kimchenius](#))**

This workshop is a must if you are interested in incorporating kimchi into your diet in creative and delicious ways! You will discover a variety of recipes and techniques for making this delicious fermented food a staple in your diet.

### **Native Yeast Capture & Fermentation ([Other Half Brewing](#))**

Learn about the fascinating world of native yeast capture! This workshop will show participants how easy it is to capture wild yeast or bacteria at home (or anywhere!) to use in fermentation processes. This workshop is applicable to all fermented foods, with an emphasis on beer.

### **Zero-Waste Practices for the Home ([Impact Earth](#))**

Interested in learning about resources and practices for reducing waste and consumption in at home? Beyond fermentation, this class explores ways to address, reduce, and eliminate waste in your household.

### **Composting ([Impact Earth](#))**

Can't ferment it? Compost it! Impact Earth will lead a how-to compost workshop, discussing the science behind composting, the basics of composting at home, and common pitfalls.

### **Kombucha 101 ([Komorebi](#))**

Bring the kombucha craze home with this refreshing workshop! This class will cover the science of making kombucha, techniques and recipes, and how to incorporate kombucha into your diet. You won't want to miss it!

### **Fermentation & Seed-Saving ([Fruition Seeds](#))**

Discover the joy of fermentation and seed-saving! This workshop will explore the science behind fermentation as a seed-saving technique and give participants the knowledge to do it at home.

### **Yogurt 101 ([Kathy Kobuz](#))**

Learn to make yogurt at home – it's easier than you think! This workshop will cover the science of making yogurt at home, techniques and recipes, and common issues.