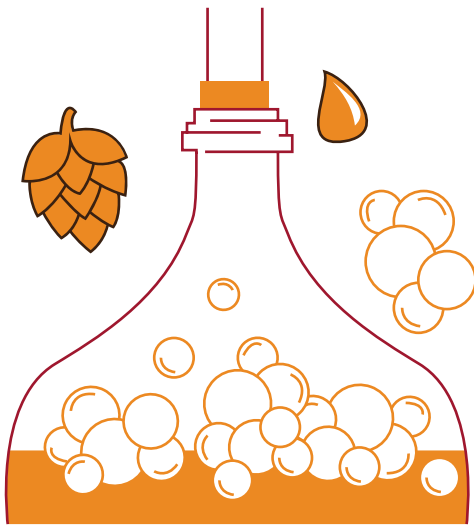


# Nelson Farms EXTENDED LEARNING SERIES:

## Making Local Fit Your Lifestyle

### FERMENTATION & THE HARVEST

August 16 | 5:30pm-7:30pm | Registration Deadline: AUGUST 11



Fermentation encompasses many of our daily foods, from our first cup of coffee in the morning to that last bit of chocolate in the evening. Our **FERMENTATION & THE HARVEST** class will cover many vegetable and dairy ferments and incorporate plenty of demonstrations and class participation. Discussions will center around equipment and health benefits of fermenting at home. Be sure to bring a wide mouth quart-sized jar with you to take home a kombucha (a fermented, lightly effervescent sweetened black or green tea) starter of your very own!

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CLASS SIZES ARE LIMITED. RESERVE YOUR SPOT BY EMAILING [HEWITTA@MORRISVILLE.EDU](mailto:HEWITTA@MORRISVILLE.EDU) BY AUGUST 11. \$10/ATTENDEE, PAYABLE BY CASH OR CHECK AT EVENT.

Nelson Farms: Fermentation & the Harvest

August 16 | 5:30pm-7:30pm

Name: \_\_\_\_\_ No. Attendees: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

RSVP BY AUGUST 11