

Wild Fermentation



a one day, hands-on course
for growers, gardeners, chefs, food therapists and food lovers

with Sandor Ellix Katz

on Saturday 31st May 2014 at Embercombe



Learn

- *how to safely and easily make fermented foods from your garden produce*
- *about the incredible history and nutritional benefits of fermented foods*
 - *the practicalities of selling fermented foods*
 - *why wild fermentation is home-grown protest*

BE PART OF THE UK FERMENTATION REVIVAL!

Details: 10am - 5pm Lunch and refreshments included

Cost: £90 (£75 if booked before May)

Enquiries: daniel@embercombe.co.uk Book online at: www.embercombe.co.uk

Embercombe, Higher Ashton, Exeter , Devon, EX6 7QT



Sandor Ellix Katz is a fermentation revivalist. His book *Wild Fermentation* (2003) and the hundreds of fermentation workshops he has taught across North America and beyond, have helped to catalyze a broad revival of the fermentation arts. A self-taught experimentalist who lives in rural Tennessee, the *New York Times* calls him “one of the unlikely rock stars of the American food scene.” His latest book, *The Art of Fermentation* (2012), received a James Beard award.
www.wildfermentation.com.



Embercombe is a charity and social enterprise established to champion a way of living that celebrates the opportunities inherent in this challenging time and that inspires people to

contribute energetically towards the emergence of a socially just, environmentally sustainable and spiritually fulfilling human presence on earth. www.embercombe.co.uk