



New Fermentation Workshop Offered!

Maybe you've heard about it on the news, read about it in a magazine or attended a dinner party where it was served....and maybe it made you a little nervous.

We're talking about home-fermented foods. The practice of fermenting food and drinks has been around for thousands of years, but has just recently resurfaced as trendy in the United States.

Join us for this hands-on, two day workshop where we will cover safe methods of fermentation including sauerkraut, vegetables, kimchi, yogurt and kombucha. Participants will also make kimchi and yogurt to take home.

When: Thursday, October 24, 2019 & Thursday, November 14, 2019

Where: NC Cooperative Extension - Guilford County Center
3309 Burlington Rd., Greensboro, NC 27405

Time: 5:30 pm - 7:30 pm each day

Cost: \$25 (please make checks payable to Guilford County and mail to address above - cash not accepted)



Register online at <https://go.ncsu.edu/fermentationworkshop>

Questions? Please call (336) 641-2412

Registration and payment are due by October 18.



North Carolina A&T State University and North Carolina State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.