

Earth Haven Learning Centre presents

Self-Reliance in Food Preparation

Sunday, September 17, 2017

10 am to 3 pm

Morning session: Fermentation Basics

Lorraine Schmid, a nutritionist and organic farmer, will explain why and how ferments are good for you. You will experience hands-on training in making them. This ancient technique for storing summer's bounty is done without chemicals or preservatives. It is not only reserved for cabbage (sauerkraut) but can also be done using radishes, carrots, beans and much more.



Afternoon session: Introduction to Sprouting

Sprouting has incredible value in everyone's food plan. Louise Nadeau, a raw vegan chef and coach, will give an overview of how this technique can easily fit into your lifestyle. She will also explain the stages of seed sprouting and demonstrate various types of equipment used. If time permits, Louise will make almond milk and crackers from the nut pulp residue.



Both sessions take place at Earth Haven Farm
1619 Vanderwater Road, Thomasburg, Ontario, K0K 3H0

Suggested donation \$30.
To register call Rosemary Tayler 613-965-1944