

Healthy Food Workshop

Prepare nutritious foods for your family using local, organic produce.

SAUERKRAUT!

Sauerkraut is easy and fun to make ... and it is full of good nutrients for the winter!
Learn to make your own, and take home a jar-full.

SATURDAY - OCTOBER 18
1-3 PM

This is a free workshop

in the **Kitchen Community Space** of St. Peter's Presbyterian Church, Spencertown, NY

TRANSPORTATION ASSISTANCE AVAILABLE

Space is limited, please register in advance.

call (518) 392-2675 or email StPetersGleaners@gmail.com

- All supplies included (bring your own quart jar if you would like). Please wear clothes that can get messy.

Lacto-fermentation is a traditional food preservation method that exists across all cultures, from Africa, Europe, Asia, India, and around the world.

- Workshop leader is Betsy Cashen, RD, a Nutritionist and Registered Dietitian who provides nutrition education and counseling for all ages, honoring the insight and food practices of traditional cultures.
- Funding comes from The Gleaners Project of St. Peter's Presbyterian Church, which brings fresh produce to local food pantries and community meals. We hope to develop workshops on good nutrition to support the health of local families, and to help people in need gain access to good, healthy food. Also, it's fun.

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