

# **FARMSTEAD FERMENTATION WORKSHOP**

***Saturday, October 4-Sunday, October 5, 2008  
S&S Homestead Farm, Lopez Island, Washington***



Throughout history, people have enjoyed the benefits of fermentation. This amazing process preserves food, makes ingredients more easily digestible, adds flavor and depth, and provides crucial health benefits. Come join us to participate in two full days of hands-on dairy, fish and meat processing, bread baking, and preserving vegetables here at the farm. While learning the basic principles of fermentation, we will discuss equipment use and care, ingredients and supplies, and recipes to try at home.

During the introductory workshop, you will:

- Spend two days fermenting and processing dairy, meat, fish, bread, and vegetables;
- Learn as you cook side-by-side with us to prepare meals with fresh produce harvested from the farm;
- Tour the farm and CSA (Community Supported Agriculture) gardens;
- Learn about livestock care and cow milking;
- Enjoy samples of your work including butter, yogurt, cheeses, meats, breads, and fermented vegetables you will make;
- Take home recipes, cheesemaking and bread baking instructions, and other related materials.

Workshop tuition: \$200 per person. Your tuition includes instruction, four farm-fresh meals, tent site, and samples of cheeses and other products made during the workshop.

*S&S Homestead Farm* on Lopez Island is a fifty-acre, bio-dynamic family farm owned and operated since 1970. The farm integrates growing vegetables, fruit, and flowers with the production of beef, dairy, pork, lamb, chicken and eggs, as well as producing animal feeds and fertilizers. Besides food and fiber production, the farm mission includes education in ecological food production and sustainable living.

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For more information, to preview the schedule, or to register please contact:

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Pre-registration required.