

SUNDAY, SEPTEMBER 17

10:30 AM- NOON

STORE KITCHEN

BRUNCH: \$10

Join us for a hand-crafted brunch with organic sourdough pancakes, fruit syrups, fermented veggies, eggs... *Child portions available.*

NOON AGE 21+

STORE

HOME-BREWING DEMO

Home beer making is neither expensive nor complicated. In this demo, GJ will combine malted barley, hops, yeast and water to make 10 gallons of beer.

History and chemistry will be discussed and your questions will be answered. 3+ HOURS



SIMPLE HOMEMADE WINE



OCTAGON

From foot stomping to fermentation, join Joel Palacios of Talking Woods in starting a wild yeast wine with no sulfites. Class will discuss all steps, from the initial ferment, to racking and bottling. 1+ HOUR

SPIRAL LIVING CENTER

PO Box 2093, Cave Junction, OR 97523

(541) 592-3642 www.spiralliving.org

spirall@spiralliving.org



1 PM

STORE KITCHEN



SPICY FERMENTS: CHILI SAUCE, ESCABECHE, AND ZUCCHINI RELISH

Cindy Palacios of Talking Woods will make three simple, healthy, fermented condiments to spice up just about any dish from tacos to soup! 1+ HOUR

Bring \$5 and a jar to take one home!

KIMCHI BASICS:

Michelle Steevens will demonstrate how to prepare and ferment Kimchi with Chinese cabbage, bok choy, daikon radish, carrot, onion, and spices. 30 MIN+

1:30 PM OCTAGON



KOREAN NATURAL FARMING: BREWING GOODNESS FOR THE SOIL

Learn about organic pest management and fermented liquid nutrients. Skip will discuss methods and materials for making soil amendments and fertilizers such as fermented plant extracts. 1+ HOUR

3 PM

OCTAGON

HOME-BREWING DISCUSSION & TASTING

AGE 21+

Tim Talty will discuss home brewing techniques with a focus on sour ales. 1 HOUR

4 - 6 PM

OCTAGON

Finger Foods & Treats:

Join us for tapas and fermented beverages. Bring your ferments and cultures to share!

SPIRAL LIVING CENTER PRESENTS:

A FALL FERMENTATION FESTIVAL

SEPT. 16-17, 2017

AT FROG FARM
9044 Takilma Road,
Cave Junction, OR



It's the culture!

Learn how to make your own naturally fermented foods, beverages and fertilizers during this fun weekend!



SATURDAY, SEPTEMBER 16

Join us for a weekend of fermentation fun at the Frog Farm!



juicing fruit for wine; draining cheese curds; chopped veggies for kimchi

10 AM STORE KITCHEN

GOT MILK? MAKE CHEESE!

Learn to make two types of fresh cheese from goat's milk (mozzarella and ricotta), and sample a third (chevre) with Sheri Crespo, Eden's Edge Farm. Class size limited. **Bring** a small container & \$10 for supplies. 2 HOURS

11AM OCTAGON

SAUERKRAUT MADE SIMPLE

Learn how to make sauerkraut with Morgan. Turn almost any veggie (cabbage, kale, chard, carrots, beets...) into a tasty side dish. Fermentation unlocks nutrients, and is a delicious way to preserve vegetables. **Bring** \$5 and a jar. 1 HOUR

12:30-1:30PM

STORE KITCHEN

LUNCH \$6

FARM FRESH CHICKEN STEW OR VEGGIE SOUP & SALAD



2-4 PM STORE KITCHEN

TENDING THE WILD YEAST: MAKE SOURDOUGH!



Explore the simple beauty of cultivating sourdough starter, grinding grain, and bringing bread to life with Madrone. She will discuss culturing various grains, and the wide uses of sourdough starter beyond bread. **Bring** a small jar to take home starter. 2 HOURS

2-4 PM OCTAGON

EAT YOUR (FERMENTED) VEGETABLES! SAUERKRAUT, KIMCHI, AND OTHER SIMPLE LACTO-PICKLES!



Eating your veggies is healthy - even healthier when they are fermented! Traditional methods of lacto-fermentation increase the nutritional content of foods and help preserve them without canning or freezing. Make Sauerkraut to take home and tend with Laurel Pena. **Bring:** wide mouth quart jar, knife, cutting board, \$2 for veggies or \$5 for veggies and jar. 2 HR

4:30 PM OCTAGON

FRIENDLY BACTERIA REVOLUTION!

Join Nova Love for a discussion about the benefits of fermented pro-biotic foods and beverages.



5 PM

PICKLING HOUR!

OCTAGON

DIVE INTO HEALTH!

Join us for appetizers and tasters of kimchi, sauerkraut, cheeses, yogurt dips, and other delights as we work on developing our gut flora! **Bring your ferments and share your cultures!**



6 PM or so...

FIRE YOUR BOSS!

food & beverages for sale

Registration Fees

\$30 one day pass \$50 weekend pass
plus supply fee (noted in description) Meals sold separately.

\$10 discount for unemployed, fixed income, etc.

Some volunteer positions available.

To register, send your contact info & a check to Spiral Living Center, or follow the Paypal link on the website.

This event is a FUNdraiser to support SLC programs and projects promoting community sustainability.

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