

A Workshop on Fermentation

Photo by Jeanne Calabrese

Saturday, November 4th @ 10am
Center for Green Technology, 445 N. Sacramento Blvd. Chicago, IL 60612

The CCGA Education Committee is excited to host a workshop to help our gardeners preserve their harvest. Join Jeanne Calabrese, a master food preserver, who will share the rich tradition and simple process of lacto-fermentation. Through your own hands-on, you will turn fresh red or green cabbage into sauerkraut as you follow Jeanne, who will teach and demonstrate how easy it is. You will also receive more delectable fermentation recipes to take home to allow for many different vegetable ferments to be incorporated into your diet and preservation needs.

The workshop fee is \$10, payable in CASH only, at the door at 9:30 am. Space is limited to 15 participants, so please register in advance at http://chicagocommunitygardens.org/wpforms/educationcomm_workshop_signup/

Jeanne Calabrese has completed a fermentation residency program with Sandor Katz, and the Stateline Farm Beginnings course, and has taken numerous workshops at food and farming conferences throughout the US. In addition, she manages her own micro-orchard where she grows paw paws, Asian pears, apples and other small fruits, vegetables and herbs. She is a member of Slow Food USA's Midwest Ark of Taste committee, and a former Slow Food Chicago board member.

You're encouraged to bring comfort in the kitchen, including using a knife for slicing and chopping and getting your hands wet, and your curiosity.

You must bring

- Large Mixing Bowl (ceramic or glass, stainless steel or plastic (NOT aluminum or copper) 6-8 quart.
- Chef's Knife - a 7-to-9 inch blade; ceramic or steel. (The blade is measured from the tip of the blade to the beginning of the handle)
- Cutting board - a wood or plastic HDPE board
- Large Spoon (recommended) or "cabbage pounder"
- Optional: knife safety gloves, dish towel.

CCGA will provide wide-mouth quart jar, cabbage, fresh herbs, and brine solution for each participant, and you will leave with confidence and your jar of sauerkraut ready to ferment on your counter top.

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