

Adventures *with* Wild Food

Belinda Blake, nutritional therapist & Janine Gerhardt,
medical herbalist invite you to join us in our:



Adventures *with* fermented foods

Sunday, March 15th 2020

1.30pm – 5:00pm

Belinda's Kitchen, West Molesey, Surrey

In this workshop you will explore the traditions, flavours and health benefits of lacto-fermented foods. Learn how the inclusion of medicinal and culinary herbs will not only enhance the flavour of your preserves, but also their health properties. Plus make and taste a range of delicious preserved foods including:

fermented fruits & vegetables ...

- Preserved lemons • Sauerkraut • Fermented berries

... delicious probiotic drinks ...

- Water kefir • Beetroot Kvass • Ginger Beer

... & fermented milk / nut milk

- Almond milk yoghurt • Cultured butter • Vegan 'cheese'

£65.00 per person

Includes workshop, afternoon tea, homemade preserves to take home & handouts

Places limited to a maximum of 8 people

For more details and to book, please contact:

Belinda Blake on 020 8941 9259 / blakenutrition@googlemail.com
or Janine Gerhardt on 07930 901662 / info@roots-of-nature.co.uk