



# ***Living Foods Classes at Victoria's Natural Market***

*Cultivate vitality & resilience!*



Sourdough Bread \* Fermented Vegetables \* Kefir

## **What to Expect**

- Ingredients and tools provided
- 2hrs of class time
- Samples of fermented foods
- Discussion on the importance of gut health
- Fermentation instruction and hands on learning
- A take home item and/or starter so you can keep fermenting
- Lifelong skills to create new habits and legacy for your family

## **Classes Saturdays 10-12pm**

### ***Sourdough - April 20***

- Make and bake dough ball
- Take home a mature starter
- \$80/person

### ***Fermented Veggies - May 11***

- Take home 2 jars of vegetables to ferment
- \$70/person

### ***Milk Kefir - Coming Soon!***

- Take home a jar of finished kefir and kefir grains
- \$60/person

*Kristi Foreman*

[www.wholisticpathways.com](http://www.wholisticpathways.com)

