What is fermentation? How long has it been around or is it a new method of food preservation? What are the health benefits of fermented foods?

If you want to learn more about fermentation, and how to make sauerkraut, kimchee, yogurt and kobucha, two workshops are being offered by North Carolina Cooperative Extension, Transylvania County Center. The two fermentation workshop will be held on Thursday, September 26 at 2:00 pm and again at 6:00 pm at the Transylvania County Extension Center, 106 E. Morgan Street, Brevard. Both workshops cover the same material. We will cover safe methods the fermentation process, including sauerkraut, kimchee, yogurt and kobucha. There is a $15 fee for the class.

For more information on the workshop or to register, contact Renay Knapp, Family and Consumer Sciences Extension Agent in Henderson County at 828/697-4891 or in Transylvania County at 828/884-3109. You can also register for the class with Maryann Mickewicz, Administrative Assistant in Transylvania County, 828/884-3109.