

**Orcas Food Co-op Education Opportunity
Fabulous Kefir Fermentation – Early bird registration
discount through Aug. 22**

**Join Regina Zwilling for this fun workshop on August 29
5:30-7:30 @ Odd Fellows Kitchen**

In this workshop participants will learn how to make their own traditional kefir. Regina will touch on the history, various methods and many health benefits of fermentation. Participants will get hands-on experience in making dairy, coconut and water kefir, sample freshly made kefir and take home kefir grains. Space is limited. Register today through this [Eventbrite](#) for the Thursday, August 29 Kefir class which will meet at Odd Fellows Kitchen 5:30 – 7:30.

Kefir is a traditionally cultured dairy product that is one of the most probiotic-rich foods known. The homemade version is easy to make and far outweighs store-bought kefir in terms of health benefits. Store-bought kefir often contains added sugars and does not contain the diversity and abundance of beneficial bacteria and yeast that homemade kefir boasts.

Kefir has been shown to provide the following benefits:

- *Boosts Immunity
 - *Improves Bone Strength
 - *May Help Fight Cancer
 - *Supports Digestion and Helps Combat IBS
 - *Improves Allergy Symptoms
 - *Improves Lactose Intolerance Symptoms
- And More!

Like traditional dairy kefir, water kefir is made from “grains” of bacteria and yeast, also commonly known as a SCOBY. As the name implies, it is made from water. The water needs a source of carbohydrates to feed the SCOBY, usually from sugar or fruit juice. Water kefir made from coconut water is particularly rich in potassium and enzymes. The SCOBY produces a lightly fizzy beverage that is low in sugars and contains many beneficial probiotics.

Space is limited. Pre-registration required. To register go to [Eventbrite. https://www.eventbrite.com/e/fabulous-kefir-fermentation-tickets-68048806813](https://www.eventbrite.com/e/fabulous-kefir-fermentation-tickets-68048806813)

Register now to save with the early bird prices \$25-\$30 available through August 22! Everyone Welcome. Presented by the Orcas Food Co-op Thursday, August 29 at 5:30-7:30 pm Odd Fellows Kitchen. For more info contact: info@orcasfood.coop



FABULOUS KEFIR FERMENTATION

WITH REGINA ZWILLING

Thursday, August 29, 5:30 pm
Oddfellow's Kitchen
Register: Eventbrite