Fabulous Fermentation: Sauerkraut with Regina Zwilling on Saturday, May 4 in the Co-op Commons 1-3pm at the @ Orcas Food Co-op

Lacto-fermented vegetables, such as sauerkraut and kimchi, are the original superfoods. Here's a rundown of the many ways fermented veggies support robust health and vitality:

- *Fermented vegetables are teeming with probiotics, which are critical to the health of our guts.*
- *These beneficial bacteria are mini factories pumping out lots of critical nutrients, immune system modulators, even neurotransmitters!*
- *They also contain prebiotics, which is the food that feeds the good bacteria.*
- *Fermented vegetables contain enzymes, which helps our bodies digest and absorb the nutrients in our food.*
- *The nutrients contained in the vegetables are enhanced and more easily absorbed.*

Join Regina Zwilling to learn more about the many health benefits of traditionally fermented foods. Participants will get hands-on experience in making sauerkraut and will take a home a jar of organic kraut made during the class! Kids are welcome! Brought to you by Orcas Food Co-op in the Co-op Commons. Register today at the Co-op to save your spot! If you have any questions, please contact us at 360-376-2009 or email info@orcasfood.coop.

Start Time: 1:00 pm – 3:00 pm
Admission Price: $25 Owners - $30 Public
Contact Website: www.orcasfood.coop
Contact Phone: 360-376-2009
Contact Email: info@orcasfood.coop

Fabulous Fermentation: Sauerkraut



with Regina Zwilling

Regina will touch on the history, various methods and many health benefits of fermentation. Participants will get hands-on experience in fermentation and take home a jar of sauerkraut made during the workshop. Space is limited. Register today at the Co-op to save your spot!

May 4

SATURDAY 1 PM - 3 PM @

CO-OP COMMONS

$25 Owners $30 Public

Questions?

email info@orcasfood.coop

FERMENTED FOOD CAN MAKE YOU HEALTHIER AND HAPPIER

Brought to you by

Orcas Food Co-op

Community Grown.
Community Owned.