

GET CULTURED

VEGETABLE FERMENTATION WORKSHOP

Better health AND more fun by eating Kimchi and Sauerkraut?

Vegetable fermentation expert Ryan Peters will lead a class on how to make these common fermented foods easily at home. Participants will make their own kimchi AND sauerkraut while also learning the cultural history and scientific health benefits of these "functional foods".



Date: Jan. 18

Time: 1:30p-4:30p

Cost: \$49

Location: University of Hawaii at Manoa, CTAHR

79-7381 Mamalahoa Hwy/located across the Aloha Theatre in Kainaliu

**Call 934-2700
to register!**



OCET
Learning for Life

*co-sponsored by UH Manoa
Cooperative Extension Service*