

FERMENT 2019 ~ Fermentation & Real Food Gathering at Whistlewood Common
Saturday 5th OCTOBER **10.00 a.m ~ 10.00 p.m**

Time	Duration	WORKSHOPS	Time	Duration	TALKS; PRESENTATIONS; DEMONSTRATIONS
			10.10	10 mins	Introduction to FERMENT - Andy Mason
			10.20 -10.40	20 mins	The Health Benefits of Fermented Foods - Lucy Kay
11.00 - 12.00	60 mins	Foraging Workshop with Sarah Ollier of <i>Forage, Ferment, Feast</i> £9.00 per person <ul style="list-style-type: none"> ● Roundhouse Veranda 	10.45 -11.30	45 mins	Soya Yogurt Dynamic Fermentation - John Baker
			11.40 -12.00	20 mins	Apple Cider & Orange Cider Vinegar – Uses in Food and in the Home - Anne Bramley
11.00 - 12.30	90 mins	Childrens Workshop: Campfire Bread & Butter making with Julie Russell of <i>Eat, Bake & Sing</i> £5.00 per person <ul style="list-style-type: none"> ● Roundhouse Veranda 	12.05 -12.30	25 mins	Cider Making using wild yeasts plus tastings! Duncan Hewitt Cider Tasting - 10 Mins following on from presentation
11.15- 12.30	75 mins	Sauerkraut Workshop Sauerkraut Making with Simon and Matt of Praxis Probiotics £6.00 per person / jar <ul style="list-style-type: none"> ● Shelter 			
12.30- 1.30 Lunch Break		A hot nourishing meal will be available from Suburban Peasant at £5.00 <ul style="list-style-type: none"> ● Korean Style Curry & Rice, (Vg, GF) Kimchi an optional extra. ● Or Mixed spiced Bean stew & Rice(Vg, GF). Food for Free offer! : If you purchase a handmade ceramic bowl (£17.00) you'll get a complimentary meal.			

1.30 - 2.30	60 mins	Sauerkraut Workshop Sauerkraut Making with Simon and Matt of Praxis Probiotics £6.00 per person / jar <ul style="list-style-type: none"> • Shelter 	1.35 - 2.00	25 mins	Introduction to making Water Kefir with Matt Praxis
2.15- 3.45	90 mins	Childrens Workshop: Campfire Bread & Butter making with Julie Russell of <i>Eat, Bake & Sing</i> 2.15 p.m - £5.00 per person <ul style="list-style-type: none"> • Roundhouse Veranda 	2.05 - 2.30	25 mins	Alchemy: Fermentation and Yeast with Dan Jerham of Tollgate Brewery
2.30 - 3.25	55 mins	Easy bread making workshop with Andy The Suburban Peasant £6.00 per person <ul style="list-style-type: none"> • Shelter 	2.40 - 3.10	30 mins	Boost your microbiome - Questions & Open discussion with Lucy Kay
2.30 - 3.25	55 mins	Forage Workshop 2.30 p.m - £9.00 per person Foraging with Sarah Ollier of <i>Forage, Ferment, Feast</i> <ul style="list-style-type: none"> • Roundhouse Veranda 			
3.40 - 4.55	75 mins	Sauerkraut Workshop Sauerkraut making with Simon and Matt of Praxis Probiotics £6.00 per person / jar <ul style="list-style-type: none"> • Shelter 	3.30 - 4.00	30 mins	Biodynamic Gardening - Feed your soil the biodynamic way with -Claire Hattersley
4.30 - 5.15	45 mins	Wellbeing at Whistlewood ; A Food Forest Bathing Experience Anne Bramley & Helen Saunders £5.00 per person <ul style="list-style-type: none"> • Roundhouse / Roundhouse Veranda 			
Approx 5.40 - 10.00		<p style="text-align: center;">Evening event begins around 5.40</p> A few more logs on the fire, and then food and music. Dena 'D's Kitchen' will be offering some tasty buffet platter- £5.00.			