

**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	<b>Forage Workshop 11.00 a.m - £9.00 per person</b>  Foraging with Sarah Ollier of <i>Forage, Ferment, Feast</i>	10.45 -11.30	45 mins	Soya Yogurt Dynamic Fermentation - John Baker
			11.40 -12.00	20 mins	Apple Cider and Orange Cider Vinegar – Uses in Food and in the Home - Anne Bramley
11.00 - 12.30	90 mins	<b>Childrens Workshop: Campfire Bread &amp; Butter Workshop 11.00 a.m - £5.00 per person</b> <b>Perhaps some singing too!</b>  Campfire Bread & making butter. with Julie Russell of <i>Eat, Bake &amp; Sing</i>	12.05 -12.30	25 mins	Cider Making and the Smallholder - Duncan Hewitt Cider Tasting - 10 Mins following on from presentation
11.15- 12.30	75 mins	<b>Sauerkraut Workshop 11.15 a.m - £6.00 per person / jar</b>  Sauerkraut Making with Simon and friends of Praxis Probiotics			
12.30- 1.30 One hour Lunch Break		A hot nourishing meal will be available from Suburban Peasant at £5.00 Korean Style Curry & Rice, kimchi an optional extra. <b>Food for Free!!</b> If you purchase a handmade ceramic bowl (£17.00) you'll get a complimentary meal.			

1.30 - 2.30	60 mins	<b>Sauerkraut Workshop 1.30 p.m - £6.00 per person / jar</b>  Sauerkraut Making with Simon and friends of <i>Praxis Probiotics</i>	1.40 - 1.55	15 mins	Permaculture - Planet, People & Equality - Graham / Sarah
2.15- 3.45	90 mins	<b>Childrens Workshop: Campfire Bread &amp; Butter Workshop 2.15 p.m - £5.00 per person Perhaps some singing too!</b>  Campfire Bread & making butter. with Julie Russell of <i>Eat, Bake &amp; Sing</i>	2.00 - 2.20	20 mins	Introduction to Kombucha making with Dena Smiles
2.30 - 3.30	60 mins	<b>Bread Workshop 2.30 p.m - £6.00 per person</b>  Easy bread making with Andy The Suburban Peasant	2.40 - 3.10	30 mins	Boost your microbiome - Questions & Open discussion with Lucy Kay
2.30 - 3.30	60 mins	<b>Forage Workshop 2.30 p.m - £9.00 per person</b>  Foraging with Sarah Ollier of <i>Forage, Ferment, Feast</i>			
3.40 - 4.55	75 mins	<b>Sauerkraut Workshop 3.40 p.m - £6.00 per person / jar</b>  Sauerkraut Making with Simon and friends of <i>Praxis Probiotics</i>	3.40 - 4.10	30 mins	Biodynamic Gardening - Feed your soil the biodynamic way Claire Hattersley
			4.15 - 5.00	45 mins	<i>Wellness without Walls</i> ; A Food Forest Bathing Experience Anne Bramley & Helen Saunders
Approx 5.40 - 10.00		<b>Evening event begins around 5.40</b> A few more logs on the fire, and then food and music. Dena 'D's Kitchen' will be offering some tasty buffet foods.			