

b-healthy!



VEGGIE FERMENTS & BUBBLY GINGER SODA:

Fri Nov 16 10:00 – 12:30 pm

DAIRY FERMENT & COTTAGE CHEESE:

Fri Nov 23 10:00 – 12:30 pm

For more info see web-site:
www.b-healthy.ca

Patricia Meyer Watt, C.N.P.
Nutritional Consultant
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Comments from previous participants:
" You were well prepared and very knowledgeable", Andrea P.
" I enjoyed the instructional part and the eating afterwards", Colin H.
"I am sold on this way of eating... it makes so much sense! Can't wait for you to offer more classes" Laurie S.

Patricia is a graduate of the Institute of Holistic Nutrition (IHN). She works in the practice of a holistic medical doctor and is a past faculty member at IHN and the Holistic Cooking Academy. She is the Chapter Leader for the Weston A. Price Foundation in Toronto (Volunteer).

Traditional Nutrition in the Kitchen

Fun! Delicious! Nutritious! For vegetarians and carnivores!

Name: _____

Address: _____

Phone: H: _____ C: _____

e-mail: _____

Food intolerances: _____

Enclosed Payment or e-transfer _____

VEGGIE FERMENTS & BUBBLY GINGER SODA:

• We will ferment veggies using wild fermentation and fool-proof fermentation with a starter. In groups of two, you will prepare vegetables for fermentation and take them home for fermenting. (Bring a one litre jar). We will make Gingery Sauerkraut, Spicy Kimchi and Daikon-Beet ferments. Bubbly Ginger Soda is a group Demo. We will snack on pre-made samples, Kimchi fritatta and more. You will take home one jar of ferment and ginger starter.

2.5 hour class - \$ 53 + HST = \$ 60

DAIRY FERMENTS, COTTAGE CHEESE & KOMBUCHA:

• Fermenting dairy is easy and safe! We will use Harmony Organic milk but raw milk or goat milk can be used too. We will prepare Kefir (a buttermilk-like ferment), Fil Mjolk (a delicious sour cream), discuss benefits of Kefir vs. Yogurt. We will prepare fresh cottage cheese (no brand is available in the market this fresh and without preservatives, etc) using a bacterial culture and rennet. Kombucha is a refreshing & bubbly fermented black tea beverage. Take home kefir, Fil Mjolk and Kombucha starters. We will prepare (and eat!) buckwheat crepes and oatmeal/kefir pancakes and more.

2.5 hour class - \$ 53 + HST = \$ 60

All classes and recipes are inspired by "Nourishing Traditions" by Sally Fallon.

We use organic & pastured animal foods, mostly local & seasonal vegetables.

Location: Bathurst & St. Clair, Toronto (St. Clair West Subway)

Free street parking – will e-mail directions. Max. 8 participants per class.

To reserve space, send full payment for each class you wish to attend (check if space still available).

Cancellation policy: Full refund if class cancelled by instructor.

100% refund up to 2 weeks before class (-\$ 20 admin fee). No refunds

after that date. If you can't come at last minute, send a friend to enjoy the class.

Classes fill quickly, book as soon as possible. E-mail for availability.

Payment by cheque or e-transfer (ask me for instructions). Space in class is not confirmed until payment has been received b-healthy@rogers.com

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