



A WORKSHOP TAUGHT BY EVAN SINGH

VITAL FERMENTATION

**A SAUERKRAUT-MAKING
DEMONSTRATION AND INFO SHARE**

**JANUARY 28TH, 2020 | 5:30-800 PM
424 E. SIMPSON ST. LAFAYETTE, CO**

A demonstration and discussion of the ancient art and wisdom of fermentation, a food preservation technique that has benefitted human health for millennia.