



Virginia
Cooperative
Extension

APPALACHIAN
sustainable
DEVELOPMENT

Fermentation Workshop

Ever wondered about how fermentation works or wanted to try it but just didn't know where to start?

Virginia Cooperative Extension Service is offering a beginners **Fermentation Workshop in Abingdon.**

- **Where:** Class will be taught by your local Food Safety Extension Agent , Sandy Stoneman, at the Pleasant View United Methodist Church Kitchen (see address below).
- **When:** Thursday, Oct 26, 2017, 10:00am-2:00pm
- **Registration is limited and pre-registration is required.** To register contact the Wythe County Extension office, 276-223-6040, or email, sandyst@vt.edu.
- **Cost is \$20.00 per attendee** (please bring cash or check with you on the day of class)
- This is a hands-on class where you will learn to make sauerkraut, fermented cabbage. Each participant will take home their own jar of what we prepare in class.

Class Location:

Pleasant View United Methodist Church Kitchen (park on the left hand side of the building and look for the signs)

**18416 Lee Hwy
Abingdon, VA 24210**

Sandy Stoneman, REHS, CP-FS
Food Safety Extension Agent
SWVA Food Safety - Serving Bland, Carroll, Grayson, Smyth,
Washington, and Wythe Counties



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