



Fermented foods are a delicious, healthy addition to any diet. They are full of nutritious probiotics that aid in digestion and boost the immune system. In this class, participants will learn fermenting basics as well as make a jar of sauerkraut.



APRIL 29TH, 2025

CLARK COUNTY EXTENSION OFFICE

1400 FORTUNE DRIVE WINCHESTER KY 40391

5:30 PM

To register: call 859-744-4682 or email shonda.johnston@uky.edu

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