

SPRING HERBS & FERMENTS

With Sue Hix & Nicola Fenton



Get hands on with spring herbs! Discover their healing benefits and create your own ferments to take home with you!

Refreshments will be provided and your booking includes a delicious lunch of various fermented foods with a grain base.

Bring your own jars to take home your ferments along with the confidence and knowledge to experiment further!!

SUNDAY 12TH MAY 2019

10AM - 4PM

THE ROSEWELL CENTRE, CASTLE BYTHAM

£55 INCLUDING LUNCH

BOOKING ESSENTIAL - EMAIL :

FENTONSHERBOLOGY@HOTMAIL.COM OR

S.HIX@BTINTERNET.COM

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The process of fermentation mirrors human digestion, essentially you are making life easy for your gut, but you are also transforming your food in to a superfood, unlocking vitamins and nutrients during the process.

Plant based foods lend themselves extremely well to fermentation.

In this practical workshop you'll get hands on with spring herbs, learn their healing benefits and create your own ferments to take home with you! Refreshments will be provided and your booking includes a delicious lunch of various fermented foods with a grain base.



About Sue: Sue has experience of fermented food from a long relationship to healthy eating and bringing up a family on local seasonal vegetables. Sue is a shiatsu practitioner and teacher of Tai Chi and yoga and grows a variety of vegetables and herbs.

About Nicola: Nicola of Fenton's Herbology is a medical herbalist with a passion to bring plant medicine to the masses, inspiring you to use the plants in your neighbourhood as food and medicine.

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