

Fermenting for Beginners

Make 3 different probiotic
fermented veggies
in one hour!



~Sauerkraut, Beet Kvaas, Gingered Carrots~

Fermenting for Beginners

Make 3 different ferments in the comfort of your own kitchen!



Let's make some fermented veggies!

I'll bring the ingredients, and you provide the kitchen space & tools.

Mindy Lively, certified gut health coach,

GAPS International

