

Suncoast Tropical Fruit and Vegetable Club

Meeting Notice

Next Meeting: July 10, 2013
Where: Big Room Nokomis Community Center
234 Nippino Trail East, Nokomis, FL 34275
Agenda: 6:30 pm Chat and Tasting Table
7:00 pm Introduction and Presentation
9:00 pm Questions and Clean-up

Speaker: **Barbara Rendell**
Topic: **Fantastic Fermented Foods**

For ages humans have been fermenting foods using yeasts, molds and bacteria. Fermentation was a way to preserve their foods and to increase their flavor, enhance their digestibility and nutritional value. These foods were far superior compared to the processed foods of today. Our modern denitrified boxed and canned foods come with both a high financial cost and a high health cost.

For thousands of years cultures around the world have enjoyed fermented foods. Some examples include Japanese umeboshi plums, spicy Korean kimchi, Asian soy sauce, miso, and natto; Scotch oat cakes, French cheeses and wine, Indonesian tempeh, German sauerkraut, and Indian idli, dosas, chutneys, and yogurt.

Our July speaker, Barbara Rendell, will explain the simple process of food fermentation, why we should make fermented foods, the health benefits of fermented foods and how to successfully ferment foods yourself. She will also make suggestions on ways to incorporate fermented foods into your daily meals and explain how you can add enzyme and probiotic-rich foods to your diet for a healthier digestive and immune system and more vibrant health.

Barbara will demonstrate the process of making sauerkraut and how to preserve vegetables while enhancing their digestibility and nutrients. Beginning with selecting the cabbage, salt, spices, and containers to use, she will show us step-by-step how to make our own quart of sauerkraut (or any other vegetable) so we can make our own fermented vegetables the very next day! We will learn the simple, easy, and ancient method of food fermentation to transform fresh raw vegetables into super-foods.

Several recipes for sauerkraut and other fermented veggies will be included, along with recommended books, websites, and other resources.

Barbara has studied food, nutrition, and gardening for over 36 years. She has extensive experience in teaching, organic gardening, and all kinds of food preparation and preservation.