

Biodynamics
Fermentation Workshop
Saturday, October 4th-Sunday, October 5th, 2008

- Saturday*
- 9-10 Health benefits of fermentation (Roy)
 - 10-11 Fermenting fish: salmon (Henning)
 - 11-12 Fermenting meat: leg of lamb, beef brisket (Henning)
 - 12-1 Fermenting vegetables: beans (Elizabeth)

 - 1-2 Farm lunch (potato salad, egg salad, fresh vegetables, fruit juices)

 - 2-3 Fermentation in the soil: composts, Biodynamic sprays, resource cycling (Henning)
 - 3-5 Fermenting vegetables: *Sauerkraut* , *kim chi*, pickles (Elizabeth)

 - 5-6 Farm dinner (corned beef and *Sauerkraut*)
- Sunday*
- 8-9 Farm breakfast (yoghurt, apple sauce, black berries, muffins, milk)

 - 9-10 Livestock care and cow milking (Taryn and Elizabeth)
 - 10-1 Dairy processing: butter, yoghurt, cream cheese, *Quark and Neufchatel* (Taryn and Elizabeth)

 - 1-2 Farm lunch (fermented salmon, souldough bread, fresh butter and cheeses, whey smoothies)

 - 3-5 Bread baking: sourdough rye, French bread, *Focaccia* (Elizabeth)

Instructors: Roy Ozanne, M.D., H.M.D., Homeopathic physician
Elizabeth Simpson, Co-Director, S&S Center for Sustainable Agriculture
Henning Sehmsdorf, Co-Director, S&S Center for Sustainable Agriculture
Taryn Hammer, Intern, S&S Homestead Farm

