

CULTURED

Creations

LACTO-FERMENTATION SERIES

DISCOVER THE MAGIC OF LACTO-FERMENTATION IN THIS HANDS-ON SERIES!

In one class, you'll learn the art of transforming cabbage into crunchy, tangy sauerkraut and take home your own jar to ferment. In another, you'll dive into the world of sourdough bread—mixing, shaping, and baking while also nurturing your very own starter to keep and feed at home. Whether you're new to fermentation or looking to expand your skills, this series led by Illinois Extension Educators Jenna Smith and Nick Frillman will give you the confidence to create nutrient-rich, flavorful foods from scratch.

Cabbage used in the fermented sauerkraut workshop is locally sourced from Pico de Gallo Farm in El Paso.

WORKSHOP SESSIONS:

The Old-World Way : Fermented Sauerkraut
October 29th, 2025 | 5:30-7:30 P.M.

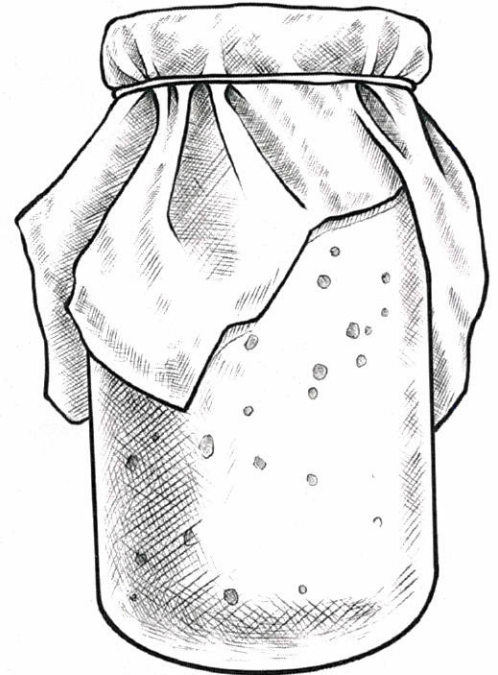
The Fermented Loaf : Sourdough Bread
November 6th, 2025 | 5:30-7:30 P.M.

WHERE:

Menu 309
116 N Main St.
Eureka, IL 61530



**\$15 PER CLASS
OR
\$20 FOR BOTH**



Scan the QR Code or visit
go.illinois.edu/CulturedCreations2025
for more information and to register!



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

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Early requests are strongly encouraged to allow sufficient time for meeting your access needs.