**Fermentation Workshop**

**Sponsored by North Carolina Cooperative Extension**

**Polk County Center Henderson County Center**

**79 Carmel Lane 100 Jackson Park Road**

**Columbus, NC Hendersonville, NC**

What is fermentation? It’s the process of using microorganisms, such as bacteria or yeast, to convert carbohydrates to alcohol or organic acids under anaerobic conditions. Fermentation is a food preservation method has a very long history, perhaps as long as 12,000 years. Cheese, yogurt, kefir, sauerkraut, kimchee, olives, salami, jerky, and bread; also, beverages such as hard cider, wine, beer, and coffee were all produced by the fermentation process. Some fermented foods have been critical to the food culture of a country or region. Think yogurt in the Middle East, sauerkraut in Germany and fermented sausages in Italy.

There are several health benefits to fermenting food. First, fermentation serves to enhance the digestion of food. Your body needs adequate [digestive enzymes](https://draxe.com/digestive-enzymes/) to properly absorb, digest, and utilize nutrients in food. When vegetables like cabbage and cucumbers are left to steep and sit until the sugars are broken down to promote the growth of bacteria, this is when the vegetables are fermented. Sauerkraut is also a good source of vitamin C in the winter. Probiotic yogurt is extremely high in calcium, zinc, B vitamins, probiotics and protein. In other words, fermented foods are filled with beneficial bacteria that work as reinforcement for the good bacteria in the [digestive system](https://draxe.com/how-your-digestive-system-works/). Since 70 percent to 80 percent of the immune system lies in the gut, having proper balance of gut flora is important.

Want to learn more about fermentation, and how to make sauerkraut, kimchee, yogurt and kobucha. The North Carolina Cooperative Extension will be offering two fermentation workshops one Monday September 10 at 2:00 pm at the Polk County Extension Center and another on Tuesday, September 11 at 2:00 pm at the Henderson County Extension Center. Both workshops cover the same material. We will cover safe methods the fermentation process including sauerkraut, kimchee, yogurt and kombucha. There is a fee for the class. For more information on the workshop contact Jimmi Buell at the Polk County Extension Office at 828/894-8218 or Renay Knapp at the Henderson County office at 828/697-4891.