

Sauerkraut Fermentation

Sauerkraut is a wonderfully tasting and nutritious fermented food with live digestive aids to support good health. We will learn how to make your own sauerkraut. It's easy and fun. This workshop is open to all and no experience is necessary. This is a Slow Food event in celebration of Earth Day.

Sun. April. 22, 2:00-4:00pm \$10

ESL Canning/Taller de Conservas en Espanol

Unete a nuestro equipo y aprende los metodos basicos para el envasado de conservas de frutas y verduras. Equipo y el procesado seguro de alimentos (inocuidad de alimentos). Este es un taller practico en el que podras llevarte a casa tu producto envasado. Este taller es patrocinado por; The Vancouver Fruit Tree Project, Grandview Woodland Food Connection y Pacific Immigrant Resources Society (PIRS).

Sat. May 19, 1:00-4:00pm Por donacion

Preserving Healthy Foods

Join Registered Holistic Nutritionist Tricia Sedgwick from "The World in a Garden" and learn various techniques for preserving your harvest. Topics will include dehydrating fruit and veggies with recipes and samplers, winter food storage and recipe ideas, bulk buying and maximizing nutrition, along with other methods for preserving food including fermentation and canning.

Sun. June 3, 1:00-3:00pm \$12

Urban Plant Medicine Foraging

Illness and injury are on the rise, pills and potions at every turn are not the solution! It's time to take responsibility for own health and wellness. In this class you will learn to identify a few key herbs and natural plant medicines that grow in your own neighbourhood as well as how to convert these amazing regional health wonders into teas and tinctures. Prevention is the cure - time-tested traditions are the pathway to abundant health. Presented by Sasha Laing, wellness coach and herbalist with Humble Roots. Be prepared for a 4 or 5 block walk.

Sun. June 24, 1:00-4:00pm \$18



Slow Food® Vancouver



Britannia Centre
1661 Napier Street
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604-718-5800
www.britanniacentre.org

Food and Medicinal Plant Preservation

The Grandview Woodland Food Connection and the Britannia Community Centre are pleased to present this series of traditional preserving methods that were commonly known skills prior to the advent of globalization and prepared foods. Join us and learn how you can preserve your own foods and make your own plant medicines. Learn healthy eating tips, save money on your food bill, take control of your food.

All workshops will be held at Britannia Community Centre. Registration - 604-718-5800