



MAY
2010

Wild Fermentation

Take a walk on the wild side with fetish ferments!

Join Judy as she reveals the hidden world of microscopic organisms - our ancestors and allies. Learn how to transform food via these special breed of beneficial bacteria; multiplying nutrients, enzymes and maximizing flavour!

Hundreds of medical and scientific studies confirm what folklore has always known; naturally fermented foods support vibrant health.

Fermentation Menu:

Peach Chutney
Preserved Lemons
Dill-icious Cultured Beet Salad
Ginger Beer
Ricotta Nut Cheese
Live Oat Milk
Live Cacao Truffles

Dates: May 26, 2010

Time: 6:30 - 8:30 pm

Cost: \$45 per person(+gst)

Recognized by BCRPA & CSNN for CECs & practicum hours.
CSNN student rate of \$35.00 per class (+ gst)

Location:

Terra Breads Falsecreek
Test kitchen (2nd Floor)
53 West 5th Ave (5th & Ontario)
*Enter through administration door next to cafe

To Register:

Call: (604) 250-9999
Email: info@dynamicbynature.com
On-line credit card: www.dynamicbynature.com
Pay in-person: cheque or cash.

SPACE IS LIMITED SO REGISTER TODAY!

 **Dynamic
by Nature**



About Judy:

Judy Chambers RNCP, CPT is a graduate of the Canadian School of Natural Nutrition and an internationally certified athletic trainer. Judy's powerful system blends the principles of Eastern medicine with the research of modern science, adapted and tailored to function in the Real World. A unique approach that will help you achieve peak metabolism and vibrant health for life. Judy is also a playful gourmet chef who infuses wholesome foods with taste and style!