



Slow Food® Saddleback

Learn about one of humanity's ancient and enduring food secrets in an afternoon of discussion, demonstration and tasting.

Wendy Zeffertt BSc is a health consultant, nutritionist, author and regular contributor to Gerringong-Gerroa Whispers. Her book, ***Cultured Foods***, is an accessible journey into the use of culturing and fermentation to prepare and preserve food staples in many culinary traditions – sourdough bread, cheese, yoghurt and wine, just to name a few.

Join Wendy as she reveals the ancient art of cultured foods, discusses their role in our health, demonstrates simple techniques we can use at home to make our own yoghurt, marscapone and other cultured products, and shares a range of examples in our afternoon tasting.

2-5pm Saturday 1st August
Gerringong Town Hall
\$30 SFS members / \$35 non-SFS members

Payment by online transfer to 'Slow Food Saddleback Inc', ANZ Gerringong, Account No 486571427, BSB 012628. Please include your name on deposit and confirm by email to Kirsten at mchugh-timbs@bigpond.com. Enquiries – Kirsten (0410 289 539)

Slow Food Saddleback Inc does not wish to offend, but we regret that we are unable to accept any bookings without payment. All our events and workshops are funded in advance, so payment on booking ensures they can proceed. The number of places is limited, with preference given to Slow Food Saddleback Inc members.

This invitation is extended by Slow Food Saddleback Inc., an association incorporated with limited liability under the Associations Incorporation Act, 1984.