
Lacto-Fermentation

with Chris Jepson



Wednesday, March 21

6:00 pm - 7:30 pm

\$10/\$5 Member-Owners

Ukiah Natural Foods Co-op Annex

749 C. South State St., Ukiah

Fermented foods are an ancient, healthy, inexpensive, and delicious addition to any diet. What many people don't realize is that they are also incredibly easy to prepare! In this class you will learn the basics of lacto-fermentation while getting some hands-on experience and eating lots of tasty samples.

Chris Jepson is a private chef, organic gardener, and fermentation enthusiast. All of these activities are motivated by a desire to capture seasonal ingredients at their peak of flavor and nutrition.

Our Vision

*We envision a community
in which everyone has access
to healthy food, where
Ukiah Natural Foods Co-op is a
vital part of the local food system.*

Stay in Touch

Classes and events fill up quickly, so please RSVP today with Customer Service at 462-4778 or online at ukiahcoop.com.

Teach a Class?

Interested in teaching a class?
Email: outreach@ukiahcoop.com.

Cancellation Policy

If cancellation is within 48 hours of class time, a credit toward future classes will be issued.

**RSVP today with Customer Service at
462-4778 or online at ukiahcoop.com.**

Co-op Classes & Events



Best Brain Possible
\$10/\$5
Member-Owners

**Healthy Eating
on a Budget
Delicious &
Budget-Friendly
Bulk Basics**
FREE CLASS

**Food with Friends:
A Healthy Gut Part II:
The Microbiome
and You**
FREE CLASS

Lacto-Fermentation
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March Calendar