

Celestial Roots



Workshop prep instructions 26 August 2017

At this workshop, the basic raw ingredients for what we make are included in the cost, but if you feel inspired, you can bring some herbs or other extra ingredients from your garden. Mostly though, you will just need equipment. This is a hands on workshop – you make stuff that you take home with you.

What we end up making will depend a little on what organic produce is available the day before, but sauerkraut and traditional Korean kimchi will definitely be made. Judging by what is in season,

the other ferments will be either a sauerruben, kohlrabi or radish ferment; carrot, ginger and green mango; dilly beans, or beet kvas. Beet kvas will be a definite, organic beets are always available.

Jars you will need (minimum)

2 x 1 – 2 L volume glass jar with lid and airlock (explanation below)

2 x 1 litre glass jar with lid, airlock not essential, but OK if you have.

2 x 500 ml – 1 L glass jar with lid

Kitchen equipment you will need

1 x large cutting board

1 x large knife

1 x small or paring knife

2 - 3 x mixing bowls, the largest you have

1 x grater

1 x peeler

1 x wooden spoon

A few spoons

Teatowels

Airlock jars basically means any jar with a system that allows for offgassing of CO₂ without allowing O₂ to enter. You can buy these pre-made of course (Tree of Life has them, Weck brand, a very good quality jar). I also use Fowlers Vacola number 31 preserving jars (4 inch lid). With the orange O-ring, lid and clamp in place, the rubber ring functions as an airlock. Another option is Country Brewer in Toormina (6658 8397), where Matt can provide a 1 L glass jar to which he will fit an airlock for \$9.99. One of these jars is for sauerkraut, the other for sauerruben (or whatever root ferment we end up making). Both of these are long ferments, so the airlock is required if you wish to ferment them so they achieve their full potential as a vital functional food. If for some reason you can't get an airlock jar, don't panic, you can pull either ferment a little early, and make a full ferment yourself when you get an airlock jar or crock.

The other 2 x L jars are for the short ferments, which take about 1 week rather than six! Large sized Ball jars are ideal, Fowlers jars or airlock jars are still OK, as are pre-loved jars, that have perhaps had store-bought kraut in them, or coconut oil perhaps.

The other two jars are for the beet kvas, and the kombucha scoby and mature liquid I will bring for everyone so you can also begin making kombucha at home.

I will bring some things to taste on the day, and you will also receive my 108 ebook on vegetable fermentation which goes into great detail on the subject, includes my own original research, and loads of recipes. Bring a snack of some kind, we will stop briefly to graze and chat halfway through.

Looking forward to meeting you all on the day, for non-urgent questions, please email tom@celestialroots.com. For urgent questions, I can be contacted on 0403 578 244.

To book, please deposit \$99 into my BCU account. If you are transferring from another BCU account, please put S1 at the end of the account number.

Bananacoast Credit Union

T. M. Rothsey

BSB: 533000

Acc: 201389

Once you have paid, please email me at tom@celestialroots.com so I can confirm your place (places are limited), and email you your book.

Kind regards,

Tom