

# Celestial Roots



## Workshop preparation instructions

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 and available, 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 L glass jar with lid, airlock not essential, but OK if you have.

2 x 500 ml – 1 L glass jar with lid (re-used jars OK for non-airlock jars)

Dunking weights of food safe material

## **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 tea spoons

Teatowels

Airlock jars basically means any jar with a system that allows for offgassing of CO<sub>2</sub> without allowing air (O<sub>2</sub>) to enter. Tree of Life have these for sale either prior to, or on the day. If they run out, I will have spares (both German-made Weck jars) and food safe weights. 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. Fowlers now also do a fermentation jar, or lids with airlocks sold alone to be used on jars you already have. Some links below. 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 sauerbraten (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 – as I said, there will be some available, and some dunking weights to keep the vegetables below the brine if needed. Dunking weights can be purpose made, or originally made for something else. They usually glass or ceramic, I generally use 2 or 3 glass Weck dunking weights for each ferment I make in glass jars. These are good quality, heavy-metal free glass from Germany. Be wary of cheap glass, it is often contaminated with lead, cadmium, and

other heavy metals. I also use things like shot glasses, egg cups, candle holders, paperweights, in fact anything that is the right size, and made of good glass or intact ceramic. No external paints or metallic leaf to be on the weights, these will react as the ferment acidifies.

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 a spare for whatever may need a jar. As stated before, the exact things we make will depend on availability of ingredients.

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 food or a snack of some kind, we will stop to graze and chat halfway through the workshop.

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

To confirm and pay (if you haven't paid already), please either book through the Eventbrite link below, or deposit \$120 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

Or, go to the event page on facebook <https://www.facebook.com/events/204322506844062/>, the Eventbrite page itself (small booking fee will be incurred) <https://www.eventbrite.com.au/e/fermentation-masterclass-at-tree-of-life-tickets-46246815470>, or pay at Tree of Life in person.

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

The address for the workshop is Tree of Life Compounding Chemist, 32 First Ave Sawtell. Load in from the back lane, accessed from Boronia St (Eastern side of First Ave, first left). Go nearly all the way before the lane bends, on the left will be a burnt orange building with parking ramps going up to mezzanine parking. Tree of Life is just past this. After loading, there is plenty of free parking both on the street, and in the RSL car park.

My contact phone number in case of any problems is 0403 578 244.

Cheers, see you there. All the best,

Tom

<http://fowlersvacola.com.au/shop/fermenting-range/fermentation-3l-jar>

<http://fowlersvacola.com.au/shop/fermenting-range/fermenting-lid-set>

<https://www.weck.com.au/weck-fermenting/fermenting-jars-and-dispensers/>

<https://www.weck.com.au/weck-fermenting/fermenting-accessories/>