

Human Sciences Extension and Outreach

REGIONS 11-12-20

JULY NEWSLETTER 2023

Fermentation Workshop Pilot

Preserve the Taste of Summer: Fermentation Workshop pilots are coming soon!

Learn all the basics of small-batch fermentation and making sauerkraut.

Participants will:

- Learn the history of fermentation
- Become familiar with a variety of fermented vegetables
- Learn how to do small-batch fermentation in a mason jar
- Learn about potential fermentation problems
- Take home and enjoy a jar of sauerkraut to finish fermenting at home

“These workshops are fun and helpful for beginning food preservers and experienced individuals who ferment foods,” said Salow.

“We will provide the most up-to-date science and guidelines for vegetable fermentation.”

Cost is \$20.00 per participant for the two-hour workshop.

Need-based scholarships are available during the registration process. Contact Kelsey Salow or Vera Stokes to learn more, ask questions, or schedule a pilot fermentation workshop in your county.



Kelsey and Vera would especially like to schedule 1-2 pilots in August or September!



The press release and flyer are coming soon for any scheduled pilots.



PROMOTE PROGRAMS

Make promotion easy using the ready-made pieces in the [Human Sciences Marketing Materials](#) folder.

The Cybox folder houses materials for many statewide offerings, including flyers, news releases, and social media images.

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext.

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Learn about upcoming events and programs on the **Human Sciences Website.**

Human Sciences Events

ServSafe® Certified Food Protection Manager

Vinton - July 18

De Witt - July 25

Bettendorf - July 28 (private)

Hiawatha - August 1

Ouch! That Stereotype Hurts

Moline, IL - July 6

Moline, IL - July 13

Moline, IL - July 14

Moline, IL - July 31

Moline, IL - August 8

A Journey through Parkinson's Disease

Virtual- July 13, 20, and 27

WIN

WIN BINGO - Dubuque, July 19

Safe Food Handler

NewBo Market, Cedar Rapids - July 25 (private)

Small Change: Building Financial Security for Educators

Online Learning July 1-26

Mental Health First Aid

Virtual - July 27th (private)

Waterloo - August 2nd (private)

Independence - August 3rd (private)

Words on Wellness Live

Muscatine - July 21

Muscatine - July 27 (private)

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