



Midcoast Maine Holistic Health Event Center - 2018

Event Venue:

Belfast Breeze Inn, 192 Northport Ave., Belfast, ME 04915

Call: 207-505-5231 www.belfastbreezeinn.com

Practitioners and service providers scheduled are professionals certified/trained/experienced in their respective fields. A biography for each provider is included on our Facebook and Brown Paper Tickets event descriptions.

2018 Healthy Living Cooking Classes

June

6/23 10a-noon

Pickling, Preserving, and Fermenting for Healthy Eating

Kate McCarty – Maine Extension Service

This class includes the essentials for safe home preserving fruits for jams/jellies, pickling and fermenting vegetables such as pickles and sauerkraut. Included is a discussion of jars/lids, useful tools, processing baths/times, use of pectin or other gel agents, and the counter-top fermenting of vegetables.

Book your seat at: <https://healthycooking.bpt.me/>



About Your Instructor



Kate McCarty - Maine Home Extension Service is home for Kate where she teaches courses to Home Economists throughout the state of Maine. She is a Master Food Preserver and teaches courses in pickling, preserving, fermenting and other safe preservation methods.



General Information: Classes will be demonstration-style as well as hands-on in format. Recipes, tips, tastes, and dinners are guaranteed to delight! If we make it in class, we're all eating it! Classes are held in the large commercial kitchen at the Belfast Breeze Inn. A demonstration area as well as a long communal dining table make it ideal for cooking with groups. Bring your friends, partners, couples, "guys-night out", "girl-friends escapes", parent/teen, or just come on your own and meet like-minded people seeking to learn more about food! Private dinners and private cooking classes can be arranged by calling 207-505-5231, ask for Jane. Cooking classes are open to ages 14 and up unless specified otherwise. Ages 14-18 must be accompanied by a parent with their own ticket.