



SAUERKRAUT SATURDAY!

LEARN THE BASICS OF VEGETABLE
FERMENTATION AND THE HEALTH
BENEFITS OF MICRO-ORGANISMS.

Using organic red and green cabbages, and other vegetables and flavouring ingredients, participants will make a variety of krauts to take home.

Date: Saturday October 27 1-5:00 p.m.

Cost: \$50

To register call
Mary Jane's Cooking School
or email mjcookin@mymts.net

Location: 252 Arlington Street just south of Portage
Avenue.

204.775.2522