

Kansas City, Kansas Public Library—Main Library

Adult Summer Reading Series—Build a Better World

Build a Better World workshops are designed and facilitated by **Dr. Z. Hall**, organic grower and food preservationist.

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Preserving Herbs

Saturday, June 3
2pm –3:30pm

What would life be like without herbs to season our foods? Wouldn't it be wonderful to enjoy the herbs you've grown all year long? You can! In this workshop you will learn the numerous ways to preserve herbs for cooking, teas and garnishing.

Class size limited to 9.



Canning & Flash Freezing

Saturday, July 1
10am-12pm

Have you ever wanted to preserve fresh garden vegetables, jams and other goodness? In this workshop you will learn the basics of canning and flash freezing, including discussion on how to use pressure canners.

Class size limited to 9.



Fermentation 101

Saturday, Aug 5
10am-12pm

Learn the basics of fermentation and the rich cultural history of fermentation. You'll also acquire a new appreciation for the role probiotic foods and drinks play in a nutritious and delicious diet.

Class size limited to 9.



Advanced Fermentation

Saturday, Sept 9
10am-12pm

Advanced fermentation with common foods for optimum health. You must have taken Fermentation 101 or have some home fermenting knowledge for this class.

Class size limited to 8.

Main Library

625 Minnesota Ave · 913-295-8250 x1030 · Reservations required. kckpl.org



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Preserving Herbs— Saturday, June 3—2pm-4pm

What would life be like without herbs to season our foods? Wouldn't it be wonderful to enjoy the herbs you've grown all year long? You can! In this workshop, you will learn the numerous ways to preserve herbs for cooking, teas, and garnishing. You will emerge with the knowledge and confidence to preserve herbs at home. You'll leave this workshop with herbs to preserve at home!

- In this workshop:
- Brief history of food preservation
 - Preservation safety
 - Hands-on, herb preservation demonstrations

Canning & Flash Freezing— Saturday, July 1—10am-12pm

Have you ever wanted to preserve fresh garden vegetables, jams, and other goodness? In this workshop, you will learn the basics of canning and flash freezing, including discussion on how to use pressure canners.

You will emerge with the knowledge and confidence to can at home—ready to stock your cupboard for year-round seasonal goodness. You'll leave the workshop with your own jar of canned green beans that you helped can to put in your cupboard and share with your family!

- In this workshop:
- Brief history of food preservation
 - Flash freezing demonstration
 - Canning safety
 - Discussion of canning methods (water-bath and pressure cooker)
 - Hands-on demonstration of canning green beans using water-bath method

Fermentation 101— Saturday, August 5—10am-12pm

Learn the basics of fermentation and the rich cultural history of fermentation. You'll also acquire a new appreciation for the role probiotic foods and drinks play in a nutritious and delicious diet.

Fermenting is a process to help preserve food from the summer harvest, so it could be enjoyed in the dark days of winter. But, the real magic of fermented food is that it is a powerhouse for assimilating probiotic goodness for a strong, healthy gut.

You'll learn the basics of making sauerkraut and head home with your own jar of fermenting kraut!

- In this Workshop:
- What is fermentation?
 - Information about microorganisms and pre-digestion
 - Hands-on sauerkraut demonstration
 - Tips on fermentation vessels and storage

Advanced Fermentation— Saturday, Sept 9—10am-12pm

Fermenting is a process used by many traditional cultures to preserve food grown during summer so it can be enjoyed during winter. Fermentation is experiencing a revival! Kefir, Sauerkraut, Kimchi, Konji and Kombucha are a few common fermented foods that can easily be incorporated into your everyday diet for optimum health. In this workshop, we'll send you off with the knowledge and confidence you need to keep fermenting at home! Attendees may bring starter cultures of their own to share with other participants. **Bring an empty and sterilized canning jar to take acquired cultures home.** If you sign-up for this class we'll expect that you will have already taken fermentation 101 or already have some home-fermenting knowledge. Pre-requisite:

- Fermentation 101.
- In this Workshop:
- A brief history on fermentation and information about microorganisms and pre-digestion
 - Demonstrations on making kefir and kefir products
 - The truth about food safety (botulism, surface mold, and other fears de-mystified)