

# Sycamore Spring Farm Traditional Nourishment Workshops



## 2011 Workshop Schedule

Come and Learn with US....TRADITIONAL NOURISHMENT Workshops here at Sycamore Spring Farm are designed with your health as PRIORITY 1. Discover how to create nutrient-dense menus that include broths, soups, and stews made from pastured meats and bones; lacto-fermented vegetables and beverages; sourdough crackers; soaked and sprouted cereals, grains & legumes; desserts and baked goods using traditional fats; alternative sweeteners; and more. We'll use seasonal vegetables and herbs, along with time-proven techniques, to produce healthful meals adapted to today's kitchens and lifestyles. All levels of experience are welcome. Workshops are ongoing the third Saturday of each month.

**Check our calendar for current schedule**

**\*\*\*Nutrient Dense STOCK aka BONE BROTH** The foundation for the Healthiest, MOST delicious, most Nutritious Soups, Stews & More. Broths full of vitamins, minerals and all good things, luscious soups, from ultra-light to extra hearty, all will be taught in this workshop. (see page 2)

**\*\*\*FOCUS ON FERMENTATION (lacto-fermentation)** The process of fermentation creates compelling flavors, preserves food, and actually adds nutrients. Join us to learn about the health benefits of live-culture ferments and the incredible diversity of fermented food and drink consumed around the globe as we make sauerkraut, kimchi, miso, yogurt, kefir, porridge, pickles, salsa, apple butter, kombucha, mead, vinegar, and more. (see page 3)

**\*\*\*CHEESE MAKING** Let's start with a simple "Farmers Cheese" & fresh herb laden "chevre" made with fresh goat milk. Do you want to know how to make really fresh mozzarella? Explore cheese-making traditions from Italy to India. We'll show the importance of temperatures and the options of cultures. Whether your milk is fresh from the animal or from the store, learn to make delicious, fresh, soft cheeses that are ready to eat in just a few hours - no waiting for the cheese to age. We will then use the cheese to create delicious appetizers, salads, desserts and more. (see page 4 \* under construction\*)

**\*\*\*Old World BREADS & CRACKERS** Authentic hearth bread, crusty sourdough and French bread, Sprouted and sandwich bread that slices easily can all be made in home kitchens if you know the secrets revealed in this class. (see page 5)

**\*\*\*SOAKING your WHOLE GRAINS** How to and why it's important to soak your Grains, beans, legumes, nuts and seeds. Learn to properly "PREPARE" your Whole grains for Ease of Digestion and Nutrient Availability! Soaking, sprouting or souring your whole grains prevents gastric distress, bloating, and flatulence! (BTW, excess or unpleasant flatulence is NOT normal. It means your digestive system is having a hard time breaking down your food.) (see page 6)

## **\*\*\*PRESERVING THE GARDEN'S BOUNTY**

Food STORAGE BASICS FERMENTING, FREEZING, CANNING & DRYING - TBA

## **Nutrient Dense Stock (a/k/a Bone Broth)** **THE Foundation for healthier Soups, Stews & more.**

Got questions about STOCK? Come to this class! You may have heard about all the healing properties of Nutrient-Dense Stock...helps to heal the digestive tract, IBS, Colitis, great for new moms, babies transitioning to solid food...good for anyone with allergies...CHILDREN ON THE AUTISTIC SPECTRUM and individuals with ADD or ADHD. Very high in calcium, minerals and usable protein.

Do you know how to make the real thing? Stock is one of the original SUPER FOODS. It is nurturing, nourishing, grounding, comforting, and nutrient-dense. All moms and dads, (and everyone else) need to know about this wonderful food.

It is the Alpha, the foundation, the beginning step of GREAT, HEALTHY, Nutrient Dense soup, stews, vegetables, and grains. It greatly benefits (helps to heal) the gut, is a great “first food” for infants, and is HIGH CALCIUM for growing children, menopausal women, and just about anyone who is alive.

Stock helps to heal rheumatoid arthritis, gastritis, colitis, Crohn’s disease, allergies, and other digestive and bone disorders. We will cover beef and chicken stock in this class.



Learn THE SECRET OF GELATIN. Does your Stock “GEL” every time, and do you know why that is important? Do you know what kinds of bones to use, (you need good bones to make good stock) where to find them, how much water to use, how long to cook, cover on or off?



NUTRIENT-DENSE STOCK, (aka “Bone Broth”) made well is a wonderful first food for babies when they are ready to move off the breast or the bottle. It is high in CALCIUM and easily absorbed minerals, high in usable protein and acts as a protein sparer, meaning one has to eat less protein when one uses stock in their diet. STOCK is also an important part of a healing protocol for anyone with digestive issues, eczema, and allergies, and anyone on a GLUTEN-FREE or CASEIN-FREE diet.

Moms and dads can help bring their children to balance through food. One of the issues children (and adults) on the Autistic Spectrum or with AD/HD, share is a compromised gut and difficulty digesting different molecules. Most people know about the issues with gluten and casein, but there are other foods that are best kept out of the diet as well. NUTRIENT-DENSE STOCK made well is an important part of a healing protocol for these individuals. It is healing to the gut lining, high in usable protein and easily absorbed minerals.

You will learn about all of this and more in this workshop.

**\$45-This is our most popular class so take time to find out why.**

## FOCUS ON FERMENTATION...(lacto-fermentation)

This workshop is designed for both beginners and those with some fermentation experience. Easy to understand info, recipes and research on why lacto-fermentation is so good for the body. We discuss the pros and cons of salt vs. whey in fermentation techniques. Lacto-fermenting with whey, cuts down the amount of salt one uses AND imparts valuable enzymes and lactobacilli and lots of other wonderful things. This workshop should not be missed by anyone serious about traditional, nourishing, Back To Basic-SUPER FOODS.

Make probiotics and LIVE foods part of your family's diet. Learn easy techniques to turn vegetables, and beverages into probiotics and enzymes. Make lacto-fermented pickles, sauerkraut, kimchi, salsas, fruit butters, beverages and KETCHUP. You will never want to buy them in the store again!

Recently science has discovered that the bacteria involved in lacto-fermentation is very beneficial for humans. This discovery has resulted in the recent "probiotics craze." The prices charged for mass-produced kimchi, kombucha, kefir and other fermented items can be sky high and often they are NOT the real deal anyway.



The best way to preserve and even enhance the nutritional component of vegetables is by the Lacto Fermentation process that preserves a vegetable's enzymes and nourishment; uses no heat; uses no vacuum; and contains several elements that eliminate opportunities for *Clostridium botulinum* to grow! Lacto Fermentation is much easier, safer, and requires less fuss than heat-pressure canning. Most people can hardly believe Lacto Fermentation is so simple, when pressure-heat canning is so complicated and fraught with danger. (But that is a "whole 'nother class.")

The tricks to getting the good bacteria to grow have been learned by Lacto-Ferment-ers over the past thousand years or so, and verified by microbiologists. The secrets are:

- **Salt.** Salt is the main ingredient in lacto-fermentation that gets the right bacteria to grow. You need just the right amount.
- **Acid.** Lacto-bacilli don't mind acid at all, and they secrete a lot of it. Adding a little acid will help ensure success. Acid kills mold too. .
- **Good bacteria.** Some vegetables naturally contain the right amounts of good bacteria (cabbage seems reliable in this respect). But for most –we have to obtain enough of this essential ingredient elsewhere.

In times past the pioneers made "pickles" using a process similar to the one used by Koreans, and these processes are still used in Europe, Africa, China, Japan, Indonesia, and probably everywhere else too. In America, the refrigerator and home canning have taken over. "Lacto fermented vegetables" used to be called "pickles" or "kraut" and they came in many varieties. Modern pickles, though, are almost never lacto-fermented; they are just covered with vinegar or a sugar/vinegar mix.

You will learn about all of this and more in this workshop.

**\$45 - sign up now-space is limited**

# **CHEESE MAKING 101**

Page under construction

## **Old World Breads & Crackers**

### **Resolve to Bake your own Bread - your family deserves it.**

Fresh baked Bread is a staple food prized-for its taste, aroma, quality and texture. Homemade Bread making is so rewarding, especially when it disappears before it even gets a chance to cool. Making old-style country breads will definitely send your self-esteem to new heights! How good and soft the crumb; how crisp, yet chewy the crust.

In this workshop you will find out how and why baking your own breads and crackers is such a calming, meditative and fulfilling activity. Not to mention that making your own bread is super cheap and you can't beat the flavor.

Creating your own rustic loaf of organic homemade Honey Wheat bread is more of an art than a science. Slight alterations in technique or ingredients allow you to find your perfect texture and flavor. We start with simple fail-proof recipes chock full of hearty, healthful ingredients.



Baking your own homemade breads and crackers allows you to feel good about the health benefits of preservative and additive free baking for your family. It also offers more opportunities to choose sustainable, local ingredients as you support your local farmers and their mills, orchards, dairies and apiaries.

## Grains, Beans, Legumes, Nuts & Seeds

Grains, beans, legumes, nuts and seeds can all add great nutritional value and variety to the diet, yet they contain antinutrients – particularly phytates and enzyme inhibitors – which act as “binding” agents, preventing complete nutritional absorption.

Traditionally, these foods were prepared in a manner to maximize nutrient density by mitigating the effects of these antinutrients. Soaking these foods for a minimum of overnight seems to be an effective, traditional method of enhancing the nutrient profile of these foods, and it is one method consistently used among peoples who adhere to time-honored, traditional methods of preparing native, unprocessed foods. Focusing exclusively on those time proven food preparation methods we feel that Phytic acid can be effectively mitigated through three different traditional processes: 1) sprouting, 2) soaking and 3) souring.

To effectively soak grains, beans and legumes you need four components: 1) liquid, 2) acidity, 3) warmth and 4) time. Each different grain, legume and bean contains a different level of phytic acid, and also a different level of phytase (an enzyme that neutralizes phytic acid), for this reason they all require different amounts of soaking time.



How do you effectively soak grains, beans and legumes? Do you need to soak almond flour? How do you find time to soak grains? Does phytic acid fight cancer? Do you need to rinse your grains after soaking?

Learn to properly “PREPARE” your grains, legumes, nuts and seeds for Ease of Digestion and Nutrient Availability! Soaking, sprouting or souring your whole grains prevent gastric distress, bloating, and (pardon me), flatulence! (BTW, flatulence is NOT normal. It means your digestive system is having a hard time breaking down your food.) Failing to soak may also lead to bone loss. Got osteoporosis? Soak your beans and grains! Got flatulence? Soak your beans and grains! Got IBS or digestive disorders? Soak your beans and grains!

In this workshop you will learn traditional soaking techniques...for legumes and for whole grains. Many people do not know that **WHOLE GRAINS SHOULD always BE SOAKED** prior to cooking and eating. There are many reasons for this...one of which is to **UNLOCK THE NUTRIENTS** in the grains themselves and make them available to the body. And did you know that often those with Gluten sensitivities can tolerate soaked grains?? You will learn how to fit simple **TECHNIQUES** for soaking these whole grains into your lifestyle without a hassle. They are easy, and your grains, beans, legumes, nuts & seeds will be more easily digested and nutritionally available than ever!!

**\$45.00 - YOU DO NOT WANT TO MISS THIS WORK SHOP  
10AM-2PM**