

QuarkFEST Food Workshops

October 9, 2011 / 10:30 AM – 12 noon

Home Cheesemaking

Learn to make whole-milk ricotta at home with artisan cheesemaker Erin Ehlers. Using a foolproof method, we'll make ricotta using just basic ingredients from Brookford Farm. Ricotta is a versatile fresh cheese, and can be used in both savory and sweet recipes. Come learn the fundamentals of home cheesemaking! Participants will bring home ricotta and knowledge which can be applied to other types of cheese. Cost of the class is \$30.

Lacto-Fermented Sauerkraut

Join Cate Achele for this hands-on workshop in the art of making sauerkraut the lacto-fermented way - the ancient means of preserving without vinegar or boiling. Using beneficial flora and probiotics, lacto-fermentation creates foods which are actually more nutritious than they were before being preserved. Participants will bring home a quart of organic homemade sauerkraut, and knowledge which can be applied not only to cabbage, but to countless other vegetables. Cost of the class is \$30.

Parent-Child Baking Class

Want to make the best pancakes, biscuits, and cookies ever alongside your little one? Bring a child and we'll bring the rest! Join Brookford Farm's Mary Brower for this hands-on baking class for parents and children. Kids as young as 2 years old are welcome. Class size is limited to 7 parent-child pairs. Cost is \$30, and includes baked goodies and a bag of homemade pancake mix to take home.

Registration is required for all workshops. To reserve a spot, email Mary at brookfordfarminfo@gmail.com.

