



# THE 3RD ANNUAL HARVEST MOON LOCAL FOOD FESTIVAL August 6-15, 2015

BRING THE KIDS!

## TALKS: The Art of Fermentation

Thursday, August 6, 3:30-5:30 pm at the Kenaitze Dena'ina Wellness Center

## Fermentation: An Every Day Miracle

Friday, August 7, 7-9 pm at the Kenai Visitors Center

with **FEATURED GUEST SPEAKER SANDOR KATZ**

renowned author of "Wild Fermentation" and "The Art of Fermentation"



## CHEF AT THE MARKET

Saturday, August 8, 11 am-1 pm

Soldotna Farmers Market

Kenai Spur and East Corral

Tuesday, August 11, 3:30-5 pm

Farmers Fresh Market

Kenai Peninsula Food Bank parking lot



## hands-on FERMENTATION WORKSHOPS from August 10-15

Mon 6-7:30 pm

**Miso & Shoyu**  
complete protein  
from the Orient  
with Connor Eller

Tues 6-7:30 pm

**Sourdough Basics**  
natural leavening  
with Brandy Nelson

Wed 6-7:30 pm

**Alaska Ferments**  
pickling with fish,  
berries and vegetables  
with Susie Jenkins-Brito

Fri 6-6:30 pm

**Dill Pickles for Kids**  
with kids from Ionia

Fri 6:30-8 pm

**Kraut and Kimchee**  
with Connor Eller

Sat 2-4 pm

**Tasty Tempeh**  
a Southeast Asian  
soybean delicacy  
with Ally Bril



at the Kenaitze Dena'ina Wellness Center

## LOCAL BERRY WALK

led by UAF Cooperative Extension

meet at Kenai Peninsula Food Bank on Monday, August 10, 4-5:30 pm



## FAMILY FARM TOURS

Tuesday, August 11, various times and locations

for details and directions see [www.kenailocalfood.org](http://www.kenailocalfood.org)



## WINE TASTINGS at Alaska Berries Winery

Wednesday thru Sunday, 2-7 pm



## TALK: Human Health and the Microbiome

with **FEATURED GUEST SPEAKER DR. GARY FERGUSON**

Director of Wellness and Prevention at the Alaska Native Tribal Health Consortium

Thursday, August 13, 6-8 pm

at the Kenaitze Dena'ina Wellness Center



## FILM: Seeds of Time

Saturday, August 15, 10 AM

at the Orca Theater

A prize-winning documentary about a global journey to save the eroding foundation of our food supply in a new era of climate change.

Admission: 2 cans of food for the food bank.



## look for HARVEST MOON SPECIALS at

Odie's Cafe, The Flats Bistro, Mykel's Restaurant, Fine Thyme Cafe, Where It's At & more establishments



for detailed program see  
[www.kenailocalfood.org](http://www.kenailocalfood.org)

Generously sponsored by:

Kenai Peninsula Foundation

