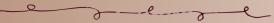


DIY FERMENTING: KOMBUCHA

Booch" flows at coffee shops and health food stores. It's become extremely trendy, but many people still don't know why it's good for them.



Join Velya and Ehris, the mother/daughter Grounded Goodwife duo, to learn how to make your own kombucha, and about the importance of adding fermented foods to your diet.

MONDAY, APRIL 12, AT 6:30

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