



The G.A.R.
Library
Presents...

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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