# Food Demo

*"Let food be thy medicine and medicine be thy food."*

Come learn the health benefits of fermented food and how to make it yourself!

Class 1: March 26, 2016 Sauerkraut & Takuan (daikon)

Class 2: April 9, 2016 Sourdough Starters

Location: Berkeley Monastery - Dining Hall Time: 3 pm – 5 pm