



# **KOMBUCHA BREWING**



Presented by Karen Schleis

Barron County Master Gardener Volunteer,  
Crafter & Self-Proclaimed Foodie

- **KOMBUCHA** is a fermented tea consumed for 100's of years for its health benefits and flavor
- Come learn about the benefits, materials & process
- Also, enjoy a tasting provided by this "smitten fermenter"!

*Have you been wanting to make better choices with your beverages and health?*

*This may be the class for you!*

**Save Money, Make it Yourself! Real Food!**

**Wednesday, February 20, 5 pm**

**Cumberland High School FACE Room**

**Cost \$15**

To register please sign-up at the IC Food Coop or contact:

Susan Bridger CCE Director

HS 715-822-5121 ext. 403/sbrid@csdmail.com