



FERMENTATION WORKSHOP

EATING TOWARDS BETTER HEALTH
WITH FERMENTOLOGIST TRIXI JUNGE
AND PAUL BOYTER

30 September 2023

FARM
in the
VELD

WELCOME

A limited opportunity to gather at **FARMHOUSE58**, explore our thriving vegetable gardens nestled in the veld, pick your seasonal vegetables of choice, learn to make your own pickles and discover the amazing benefits of fermentation, which has been practised across the globe for centuries.

Each participant will take home a beautiful ceramic fermentation crock-pot uniquely designed and fired by Trixi for **FARM in the VELD**, filled with fermentation product created during the workshop.

PROGRAMME

10am: Arrival at NIROX gate 3, game vehicle shuttle to FARMHOUSE58 with welcome infusions and juices from our local produce.

11am - 12pm: Vegetable garden walk and talk with head farmer Paul Boyter.

12pm - 1 pm: Lunch in the SHED accented with speciality fermentations sampled and explained by Trixi.

1pm - 5pm: Practical and theoretical fermentation class with Trixi and Paul teaching you to use your croc-pot simply and dependably, at home, for the health and wellbeing of you and your family.

5pm: Shuttle to NIROX to Gate 3 with your own croc and fermentation.

ABOUT FERMENTING

Fermenting (natural pickling) has been practiced across the world for centuries, mainly to preserve foods. Modern research has shown that naturally fermented foods are high in easily digestible nutrients and are an excellent dietary supplement for all ages. Modern lifestyles and poor dietary choices put huge stresses on our health and in particular on the digestive system. Eating naturally fermented foods is one of the best and simplest ways to improve your gut health.

The additives that are meant to prolong shelf life of commercial pickles negatively affect many of the beneficial live cultures associated with natural fermentation. They also affect the quality of taste. Beneficial bacteria such as lacto-bacilli culture helps to break down food fibres in the gut, while adding good enzymes and probiotics to the mix. Learning how to make your own fermented foods is an investment in your health.

ABOUT YOUR HOSTS



Paul Boyter

Paul Boyter has a background in market gardening, permaculture, sound therapy, yoga and meditation. He spent 25 years guiding corporates and private groups through interactive drumming processes and music therapy. 10 of those years were spent studying complementary healthcare modalities like reflexology, yoga and mindfulness, while concurrently exploring permaculture and biodynamic farming. Paul's passion for the healing qualities that music and nature provide continues to lead him on a path of self-exploration in relationship with others, holding space for individuals, communities and the environment, with the experience and gifts he gleaned from his life's journey.



Trixi Junge

Trixi Junge is a South African ceramic artist, kinesiologist and fermentologist of German descent. She spent her formative years in Mozambique, and then emigrated to South Africa. She studied architectural draughting followed by a degree in Translation. Trixi dabbled in pottery as a hobby throughout her "corporate career life" and about 20 years ago, she turned her passion into a "life choice". Lixiware combines her love of functional artisanal pottery with her philosophy. Trixi's philosophy is simple, consciously put your health first and choose healthy, sustainable options. Making your own naturally fermented Sauerkraut, Curtido or Kimchi is a good start.

PRICING

WORKSHOP ONLY

R1 905.00

Book Now

*Includes welcome drink, lunch and workshop
(with a take home ceramic pot)

OVERNIGHT PACKAGE

TWIN BUNK ROOM	STANDARD ROOM	DELUXE ROOM	PREMIUM ROOM
Single: R5770	Single: R4260	Single: R4560	Single: R4960
Sharing: R6370	Sharing: R7120	Sharing: R7420	Sharing: R7720
<u>Book Now</u>	<u>Book Now</u>	<u>Book Now</u>	<u>Book Now</u>

*Includes 1 night accommodation, with all meals (breakfast, lunch and dinner), welcome drink and workshop (with a take home ceramic pot).

