

The hands-on science of fermentation

The gut-brain connection, food and mood

Make fermented super-foods while learning the latest science about the gut, its role on mental health and mood, and the benefits of lacto-fermentation for body and planet.

Each participant will leave with two jars of their own beautiful pickled vegetables.

- ✓ gut health
- ✓ mental health
- ✓ cooking skills
- ✓ sustainability

"Such a fun and fascinating workshop! Can't wait to try this at home" a University of Roehampton participant

more info:



Clémence Cleave (MSc, RNutr) is a registered nutritionist, published author, trained chef, lecturer and public speaker on food, nutrition and public health matters. She works with individuals, groups and organisations, empowering people to improve their health and holistic wellbeing.

