

Fermentation

Party

A guide for the host

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Minimum guests

I need at least 5 people in order to run a party. There is no real maximum number of guests, however, I suggest that around 10-12 people is a good number so that everyone gets some hands-on experience and the chance to ask all the questions they have

I will need to know approximate numbers a few days before the event so that I have enough materials for everyone.

Fees

\$50 per person is the suggested amount for 5-12 people. However, if you get a larger group together I am happy to negotiate an overall price. Please be aware that having a larger group will change the structure of the workshop.

As special thanks to the host, they will get the workshop for free with any groups of 10 or more participants. For parties that are held more than ½ hour drive away from Batemans Bay an extra fee of \$50 towards petrol costs will be allocated. This cost can be divided up among the participants. For those that are further than 1 hours drive away, a travel cost will be calculated on the kms to travel and will be arranged with me prior to the event.

It would be wonderful if the host could take care of collecting the money as I am busy setting up the workspace. Please let me know if you can't do this.

Workshop Length

The bulk of the workshop will last for 2hours. This gives enough time for demonstration and questions. How much material we cover in that time will be dependent on each individual group, and their level of experience.

I will arrive at your house about ½ hour before the start time, which will allow me time to set up and settle in before we start. I will be out of your hair approximately ½ hour after, although your guests may linger so when the party ends will be up to you!

Host Requirements

- A kitchen space big enough to house your guests
- A bench top or table where I can demonstrate
- Cutting board
- Stove top for heating milk
- Pot for heating milk
- Tea towels/cloths

Guest Requirements

- A few clean jars, preferably with wide mouths. Some will be used to take home starter, some will be used to take home what we make.
- Notepad and pen to write down instructions or recipes

What I will provide

- A sharp knife
- All the raw ingredients including starters and cultures
- Some jars
- Large mixing bowl

Thank-you!

Lastly, I would like to thank you for your interest in hosting a fermentation party. Gut health and the microbiome is something that absolutely lights my fire and is increasingly being shown by research to be one of the biggest determinants of good health. I spend a good portion of each day researching it, talking about it, or putting it into practice in my own home.

I am so excited to be presenting these workshops to help people improve their microbiome in practical ways!

A little blurb about me to share with your friends

Melanie is a qualified Naturopath and certified GAPS Practitioner, Advanced HTMA Practitioner (Hair Tissue Mineral Analysis) Bush Flower Essence Practitioner and Iridologist, currently studying a Masters in Human Nutrition at Deakin University.

With a strong interest in gut health, the microbiome and how this affects disease, Melanie combines her extensive research and knowledge to bring you this practical way to improve your health.