

22nd July 2019

Quote for Fermented Food Workshop from Hokianga Environmental Protection Group

Tutor costs 5 hours @ \$40 per hour \$200

Details of tutors

Introduction to fermenting - Janie Cinzori and Gail Aiken 1/2hr

Lactic pickles - Janie Cinzori and Lovey Fife 1.25hrs

Sourdough bread, grains – John Aiken 1hr

Dairy ferments - Gail Aiken 1.25hrs

Fermented drinks (kombucha, kefir soda) - Janie Cinzori and Lovey Fife 1hr

Includes preparation costs for each section of the workshop

Estimate for provisions for fermented food workshop

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|---------------------------|------|
| Milk 3L | \$12 |
| Yoghurt 4L | \$20 |
| Veges for lactic ferments | \$20 |
| Flour for sourdough bread | \$10 |
| Sugar | \$4 |
| Ginger | \$4 |