



Connecting people, food, and land

FOR IMMEDIATE RELEASE

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CountrySide Conservancy Announces New Classes for Fall

CountrySide U Lineup Includes Cheesemaking, Fermentation

Peninsula, Ohio – If you're ready to start experimenting in the kitchen, CountrySide U has a class for that. The education program, managed by CountrySide Conservancy, has filled the remainder of the year with classes aimed at those who want to broaden their kitchen horizons.

Molly Murray, of Wake Robin Foods, will be sharing her experience in *Introduction to Fermentation* (September 3), a hands-on class that will address the recent interest in the health benefits of probiotics and live cultures. Students will hear about the history of this traditional preservation method, learn how to ferment their own veggies, and even take home a jar that they prepare themselves.

Another class covering the topic of preservation is *Preserving Your Bounty* (July 31), taught by Heather Walters of Basket of Life Farm. This class will focus on hot water bath canning, but will touch on other preservation methods like freezing, drying, and pressure canning.

Beth Knorr, CountrySide Farmers' Markets Manager, will teach a class in September on eating locally year-round (September 10). While Northeast Ohio's snowy winters make this seem like a challenge, Knorr insists that with a little bit of knowledge and proper planning, you can support your local farmers and your health all year long.

Several old favorites will be returning to the schedule as well. *Cheesemaking 101* (October 30) and *Breadmaking 101* (November 12) will be offered for the second time this year, after selling out in the spring. And CountrySide's popular *Exploring the Small Farm Dream* will once again be offered in October. CountrySide will also continue to run its Local Food Swap, a free monthly event where locals exchange handmade goods.

The focus on handcrafted food is intentional, says Heather Roszczyk, Education & Marketing Manager for CountrySide. "When people realize that they have the skills to turn out homemade jam and crusty bread in their own kitchens, they get so excited," she says. "We want to give them the confidence to dive in."

For more information about class schedules and registration, visit www.cvcountryside.org or contact Heather Roszczyk, Education & Marketing Manager, at hroszczyk@cvcountryside.org.

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About Countryside Conservancy

Countryside Conservancy connects people, food, and land. We manage three thriving farmers' markets; offer educational programming for farmers, backyard gardeners, and home cooks with our Countryside U courses; and through our Countryside Initiative program have reestablished working family farms in Cuyahoga Valley National Park. To learn more visit www.cvcountryside.org.

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