

# How to Make Kimchi

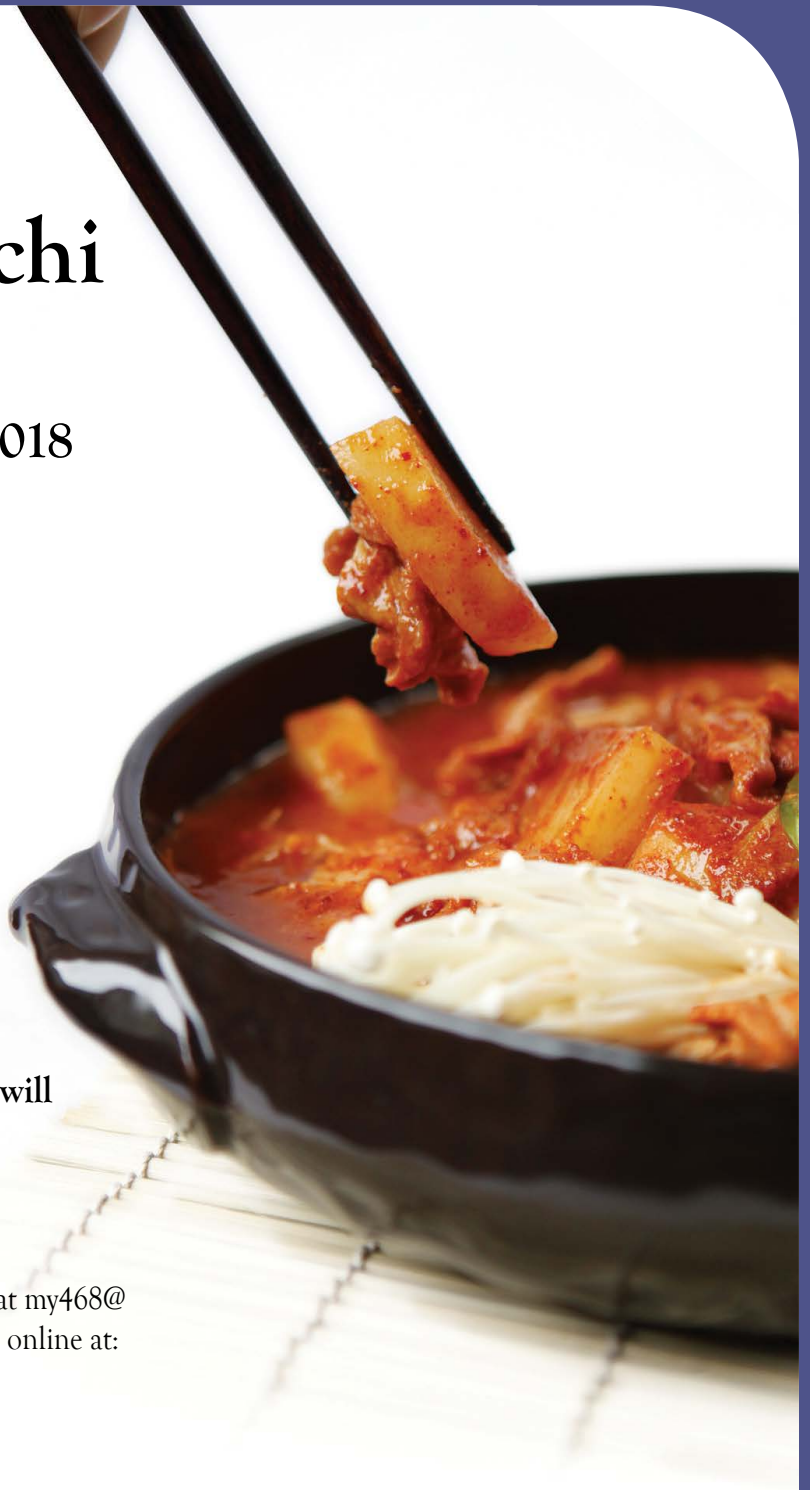
Saturday, January 19, 2018  
11:00 AM - 12:30 PM

Cornell Cooperative Extension  
18 Seward Avenue, Suite 300  
Middletown, NY 10940

Kimchi is a flavorful, sour, salty mix of fermented vegetables and seasonings that plays an important role in Korean culture. Kimchi has many health promoting features including vitamins, minerals, and phytochemicals as well as probiotics. Come learn about Kimchi, fermentation, and how to make it. This class is a demonstration. Sample tastings will be provided.

Cost: \$25 per person

For more information, contact Meghan Young at [my468@cornell.edu](mailto:my468@cornell.edu) or (845) 344-1234. You can register online at: [cceorangecounty.org](http://cceorangecounty.org)



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