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Subject: Comal County press release: DIY Saturday to focus on fermentation
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Extension Office fermenting great ideas for DIY Saturday

FOR IMMEDIATE RELEASE, JULY 5, 2018:

NEW BRAUNFELS — The next DIY Saturday hosted by the Comal County office of the Texas A&M AgriLife Extension Service will be July 14, focusing on how to use fermentation to make your own food.

The class will be 9-11 a.m. at the county's Extension Office, 325 Resource Drive, New Braunfels. The cost is \$15; supplies will be provided. Mike Lee, the county's director of information technology and an expert fermenter, will be the guest teacher.

"From sauerkraut to pickles, fermenting is an easy way to prepare foods that provide great health benefits," said Connie Sheppard, extension agent for family and community health. "Mike does a great job showing how anyone can learn to incorporate fermentation into their food prep."

Attendees should register by calling 830-620-3440. Each class requires a minimum size, so attendees are encouraged to call ahead to make sure it still will be held.

The schedule for future DIY Saturdays is:

- Aug. 11, Explore 4-H
- Sept. 8, Backyard Chickens/Eggs 101
- Oct. 13, Kids Day in the Garden
- Nov. 10, Wreath Making

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