

Photos from ERGC June meeting. Speaker Amy Powell from Atwood Village Family Farms, Kenton County, KY talked about making Kimchi and the deliciousness of fermentation. She also covered preserving jam and jelly, dehydrating, pressure canning, boiling water bath canning and freezing – many of these learned at her granny’s side in the farm kitchen. The farm can be found on Facebook.



The meeting was well attended on the last day of spring.



Amy Powell’s go-to books for preservation needs are:

- “The Art of Fermentation” – Sandor Ellix Katz
- “Nourishing Traditions” – Sally Fallon
- “Blue Ball Book”
- “Canning for a New Generation” – Liana Krissoff.