



Fermentation Nation: Food and drink that love you back

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Pickles are far more than a tart burger topper. Pickling through fermentation is an age-old preservation method that uses friendly bacteria to “cure” food and extend its shelf life. Fermented foods, including kimchi, kombucha, beer, cheese, salumi and many others, are traditional staples found in nearly every culture (including here in Buffalo). Even better, they’re good for you, too!

What: Slow Food Buffalo Niagara, the local chapter of Slow Food USA, to host their next “Last Monday of the Month” educational event titled “Fermentation Nation: Food and drink that love you back”

When: Monday, April 27, at the Campus House on the Buffalo State College campus. Doors open at 6 p.m., program begins at 6:30.

Why: This special presentation will educate the public on the taste, production methods, history and health benefits of fermented foods. It will also benefit the Buffalo Cherry Blossom Festival, a Japanese-themed cultural event scheduled for May 2-9.

How much: Open to the public, with a suggested \$5 donation. There is a cash bar at Campus House, so we ask that attendees be 21 or over.

Media are welcome to photograph or videotape this event.

Featured presenters:

RJ Marvin is a member of the talented kitchen crew at Elm Street Bakery in East Aurora, where he oversees their in-house fermentation program. Along with his ESB colleague Anthony Petrilli, Marvin will survey of a wide variety of fermented foods, demo some pickling recipes and offer samples of their handiwork (kimchi and ‘kraut lovers, take note).

Niki Klem, MS RD is director of Trocaire College’s Nutrition and Dietetics Department and serves as treasurer of Slow Food Buffalo Niagara. A former pastry chef, red wine enthusiast and world traveler, Klem supports positive changes for health through whole foods, plant-based eating and education.

Slow Food Buffalo Niagara is the Buffalo chapter of Slow Food USA, part of an international movement supporting the universal right to delicious, clean and fair food. Slow Food USA supports local food and farming policies that are good for the public, for our planet and for farmers and farm workers.

For more information, visit our new website www.slowfood-buffalo.org and follow us on Facebook at facebook.com/slowfoodbuffaloniagara.