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FOR IMMEDIATE RELEASE

**DEEP CUT GARDENS OFFERS
LACTO-FERMENTATION 101: SALT & PLANTS**

MIDDLETOWN — Discover how to make your own sauerkraut, pickles, chutneys and more when the Monmouth County Park System presents *Lacto-fermentation 101: Salt & Plants*. Held from 3-5pm on Saturday, April 30 at Deep Cut Gardens, Red Hill Road, Middletown, this class is led by trained chef Kitty Dennery. Enjoy tasty samples while learning about the simple and sustainable technique of lacto-fermentation. Ms. Dennery will provide recipes and tips to help participants get started in this age-old method of preserving food.

The cost is \$35 per person; pre-registration is required. For more information or to register, please visit www.monmouthcountyparks.com or call (732) 842-4000. For persons with hearing impairment, the TTY/TDD number is 711. The Monmouth County Park System, created in 1960 by the Monmouth County Board of Chosen Freeholders, is Monmouth County's Open Space, Parks, and Recreation agency.

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