

Suncoast Tropical Fruit and Vegetable Club
Meeting Notice

Next Meeting: Wednesday, May 9, 2018
Where: Main Room Nokomis Community Center
234 Nippino Trail East, Nokomis, FL 34275
Agenda: 6:30 pm Chat and Tasting Table
7:00 pm Introduction and Presentation
8:30 pm Plant Raffle

Speaker: Sharon Juraszek
Creator and Owner Fermentlicious

Topic: Fermentation: Cultivation and Benefits

In the 19th century, Louis Pasteur discovered that micro-organisms were responsible for infections and realized that strengthening the body, rather than attacking the invading organism, can prove to be a more effective strategy. However, for the last 100 years, the focus has been on the use of antibiotics as the “bacteria killer.” We came to think of bacteria as all bad with little attention placed on the good bacteria. Antibiotics are prescribed without recommendations to consume probiotics containing live cultures (bacteria) that will repopulate the gut. Only recently with the onslaught of new infections and the over use of antibiotics, has attention turned to the use of probiotics as natural antibiotics.

Sharon created fermentlicious to address her own health issues. Sharon is a practitioner of Ayurveda and has a great understanding that food is medicine. There are a bevy of positive attributes of these fermented foods including improved immunity and digestion, increase in mood and energy levels, increased nutrient absorption and a source of powerful probiotics.