

**NEWS RELEASE**  
**North Olympic Library System**  
**2210 South Peabody Street**  
**Port Angeles, WA 98362**

## **FOR IMMEDIATE RELEASE**

Date: September 6, 2016  
Contact: Jennifer Doherty, CSS III, Clallam Bay Branch Library  
360.963-2414; [jdoherty@nols.org](mailto:jdoherty@nols.org)  
Re: Food For Thought: Fermenting Vegetables with Kirsten Shockey

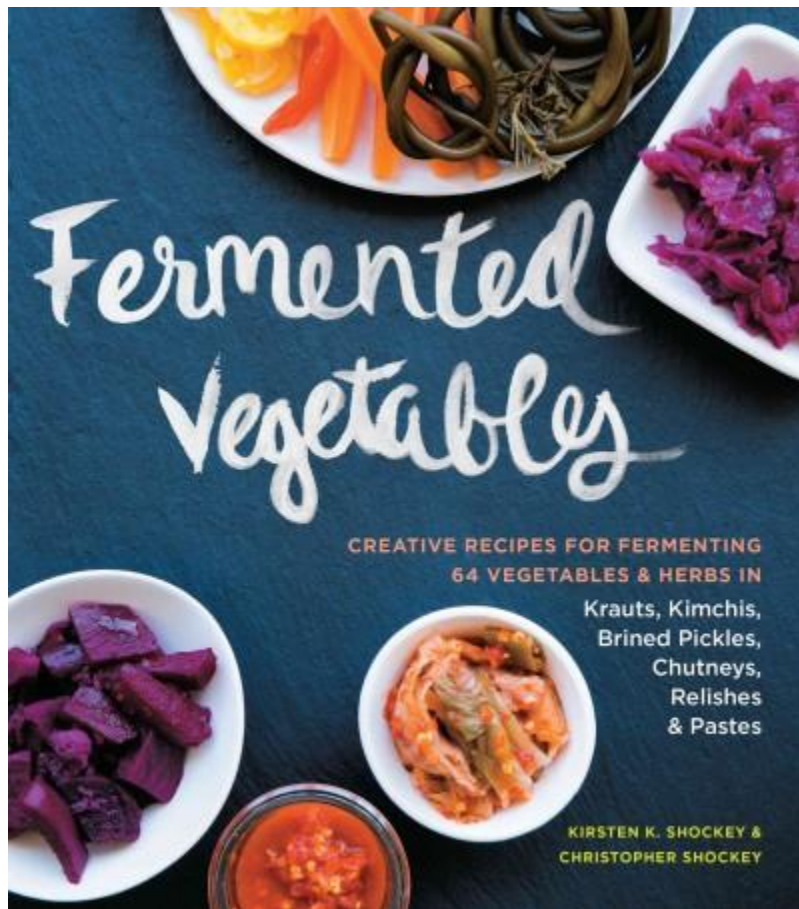
Author and fermenting expert Kirsten Shockey will visit the Clallam Bay and Forks branch libraries of the North Olympic Library System (NOLS) on Monday, September 12 to share tips and recipes for fermenting a variety of vegetables. The first “Food for Thought” workshop will take place at 1pm at the Clallam Bay Branch Library, followed by another at 6pm at Forks Branch Library. All workshops are free and open to the public.

### **About Kirsten Shockey**

Kirsten Shockey is co-author of *Fermented Vegetables: Creative Recipes for Fermenting 64 Vegetables & Herbs in Krauts, Kimchis, Brined Pickles, Chutneys, Relishes & Pastes*. Shockey and her husband have created more than 40 varieties of cultured vegetables and krauts, and teach classes at their home in Applegate, Oregon. Fermented foods are a healthy and delicious addition to any diet and are easy enough for complete beginners.

### **Additional Information**

The Clallam Bay Branch is located at 16990 Highway 112 in Clallam Bay. The Forks Branch Library is located at 171 South Forks Ave in Forks. To learn more about this and other upcoming events at your library, call the Clallam Bay Branch at 360.963.2414, send an email to [ClallamBay@nols.org](mailto:ClallamBay@nols.org), or visit [www.nols.org](http://www.nols.org) and select “Events.”



Kirsten Shockey, co-author of "Fermented Vegetables," will offer free fermentation workshops on Monday, September 12 at the Clallam Bay and Forks Branch libraries.

###