



WATCH GUIDE

Track Your Favorite Sessions, Notes &
Recipes to Try

Fermentation Summit Watch Guide

A simple guide to help you follow the summit, track the sessions you watch, and jot down your favorite tips, ideas, and recipes to try.

Summit Viewing Schedule

New presentations are released each day at **10 AM Pacific Time** and are available to watch free for **48 hours**.

Day 1 — Tuesday, September 15

Watch September 15 at 10 AM PT through September 17 at 10 AM PT

- **Vanessa Hargrove** — Targeted Microbial Therapy
- **Connor Flynn** — Fermented Dill Pickles
- **Holly Howe** — Baseball Sauerkraut Relish
- **Jem Stevens** — Quick Kimchi
- **Janice Clyne** — Fermented Skincare

Day 2 — Wednesday, September 16

Watch September 16 at 10 AM PT through September 18 at 10 AM PT

- **Katsu Lask** - Beyond the Jar: Cooking with Fermented Ingredients
- **Hannah Ruhamah Crum** — Kombucha & Jun
- **Cheryl Paswater** — Fermented Herbal Sodas
- **Barbara Assheuer** — Fruit Fermentation
- **Dr. Tejas Sameer** — Ayurveda-Inspired Seasonal Fruit Ferments
- **Rachel de Thample** — Fermented Sauces
- **Dr. Caroline Gilmartin** — Apple Cider Vinegar

Day 3 — Thursday, September 17

Watch September 17 at 10 AM PT through September 19 at 10 AM PT

- **Céline Lecomte** — Beyond the Jar
- **David Levitsky** — Endless Kvass
- **Alison Kay** — Fermented Oats
- **Anja Eckert** — Convert Recipes to Sourdough
- **Holly Davis** — Japanese Shio Koji

Vanessa Hargrove

Targeted Microbial Therapy

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Watched: ☐

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