



Traditional sourdough bread, fermented for 24 hours and baked with freshly milled grains from New Jersey and New York.

Fermentation on Wheels is launching Community Supported Ferments, a seasonal fermented foods subscription in Northern Jersey. The subscription is a member supported buyers' club in which shares are purchased in three-month increments among the spring, summer, and fall.

Community Supported Ferments' products are made with organic ingredients. We also use local ingredients whenever possible. Our operation is dedicated to zero-waste, community enrichment, and creative education. Fermentation Illustrated, our educational fermentation zine, will accompany fermented foods in each share.

There are 16 shares available for the spring subscription (March, April, and May). Shares will be limited as we test run the program, but we hope to open to more subscribers in the summer and fall.

Who We Are

About Us

Created at the leading-edge of the fermentation, community, and sustainability conversation, Fermentation on Wheels adds a unique dimension to the advancement of healthy, resilient food cultures, nationwide.

Based out of a 40-foot nomadic art space and now in our sixth year of operation, Fermentation on Wheels and its founder, Tara Whatsitt, empower communities with a sustainability-based lifestyle and inspire with a rich, proven array of convivial gatherings — potlucks, starter-culture swaps, workshops, and farm, school and community visits — we emphasize a friendly, accessible, down-home do-it-yourself approach to fermentation practice and education.

Contact Us

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Community Supported Ferments

A monthly subscription of fine ferments and an imprint of Fermentation on Wheels

Community Supported
Ferments
40 Limekiln Road
Hamburg, NJ 07419

What's in a share?

A typical share will include 12 oz tempeh, 750 ml kombucha, one pint of yogurt (or a half-pint of cashew cheese), two to three pints of fermented vegetables, and a seasonal ferment, (such as sourdough bread, hot sauce, miso, or vinegar). Members may put in requests at the beginning of each month.

Every month customers will also receive a copy of Fermentation Illustrated, which is a six-page educational magazine that features recipes and very fun drawings.

Shares available at three pick-up sites in Northern New Jersey

We hope to expand to the Lower Hudson Valley in the summertime, but currently have three drop-off locations in New Jersey.

- Fermentation on Wheels, 40 Limekiln Road, Hamburg, NJ 07419
- Sussex County Food Coop, 30 Moran Street, Newton, NJ 07860
- CSG at Genesis Farm, 41B Silver Lake Road, Blirstown, NJ 07825



What is fermentation?

Fermentation is a microbial transformation in which sugars are converted into acids, gases, and sometimes alcohol. The process preserves foods, imparts complex, unique flavors, and synthesizes vitamins and minerals.

Healthful microbes also proliferate during the transformation and create a diverse micro-community, so your food is teeming with an array of nourishing, beneficial microorganisms. When you eat fermented foods, you introduce these beneficial bacteria to your microbiome, also known as the gut.

"The knowledge and passion for fermentation is evident in all of Tara's ferments. They feel healthy and are always delicious."

- Adam H.

Why eat fermented foods?

Microbe-rich fermented foods and drinks offer a healthy alternative to more widely available processed and preserved foods. When you introduce beneficial bacteria to your body, you strengthen your gut, improve immunity, and better your digestive health. You also encourage a food culture that promotes diversity and health.



Hot pepper sauce made with year-long organic fermented peppers and two-year aged papaya vinegar.

Subscription details

Members purchase three-month shares. Each seasonal share is \$225 and includes a monthly array of ferments as well as three copies (one per month) of Fermentation Illustrated.

We also offer bi-monthly shares at \$400 (customers get more ferments, but the same number of Fermentation Illustrated as a monthly shareholder).

Because we are dedicated to zero waste, we ask for a \$50 deposit to cover two insulated tote bags, in which you will receive your shares. After your subscription ends and bags are returned, your deposit will also be returned.

Payment

We prefer payment in cash but will soon accept cards through an online payment system. Please see further contact information on back of brochure for more details.