

Life's Fermentation

Rose, bud, thorn, juicy peach, and stink bug

Dela Ends, Scotch Hill Farm, Brodhead WI



My Rose

Is like a fermentation process of my life

- Time in nature consciously making deep connection
- Remembrance
- Curiosity and wonder
- Gratitude
- Love
- Warm instead of cold



Thorn

- IBS
- Persistent gut issues demand a changes
- Fermented food is good medicine



shutterstock.com • 2428332267

The Buds

- 17 year old grandson
- New creative projects
- Reading/Audubon book club





Juicy Peaches

What to do with abundance

- Choose what to do with the abundance
- Set intentions preparing with conscious effort, not rushing
- Observe what you've made. If fermenting notice bubbles, smell, texture.
- Embrace the wait trusting the natural process.
- Consume mindfully



Stink Bug

Down the techno rabbit hole

