



Effingham Public Library
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PRESS RELEASE

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Effingham Public Library To Host Home-Brew Kombucha Workshop

The Suzette Brumleve Memorial Effingham Public Library will host a home-brew kombucha workshop at 6 p.m. Thursday September 26, in the Workman Room.

Farmer Holly Curia of Delight Flower Farm in Champaign will explain the benefits of kombucha and give direction on how to make kombucha at home using simple ingredients and supplies.

"I would encourage people to attend this home-brew kombucha workshop because it is empowering to learn how to make simple things for ourselves that can improve our quality of life and health," said Curia. "Making your own kombucha can save you money and boost how you feel, what's not to love here?"

Kombucha is a fermented, carbonated tea drink attributed to promoting healthy digestion and vitality. It is packed with probiotics, herbal infusions and antioxidants.

"With many in our community focusing on health and vitality, this workshop will provide information and instruction to those wishing to give kombucha a try," said Programming Outreach Manager Catherine Bailey.

Registration is required for this event.

For further information, the library can be contacted at 217-342-2464 x1, email info@effinghamlibrary.org, or go online at www.effinghamlibrary.org

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