



PROGRAMME

Culture Club – 24-28th September 2026

Thursday 24th Sept

Arrivals from airports and stations

Dinner

- Introduction to the group and hosts
- Aims for the weekend - outline of activities

Friday 25th Sept

Breakfast (House guests)

Session – Dairy Ferments

- Introduction to fermentation
- Milk Kefir - how to make milk kefir and how to use your milk kefir to make fermented cream, cheese, butter and a milk kefir loaf

Lunch

Session – Probiotic Drinks

- Kombucha, ginger bug, water kefir - how to make delicious probiotic drinks
- Drinks tastings and pairings

Àpéro followed by Dinner

Saturday 26th Sept

Breakfast (House guests)

Local market (option 1)

- Visit to Castelnau-Magnoac market and coffee at the Dupont Cafe

Session – Sourdough demo (option 2)

- Learn how to make sourdough bread with Lu



Lunch

Session - Vegetable Fermentation

- Principles of vegetable fermentation
- Make a mixed vegetable kraut
- Make pickled cucumbers and brined tomatoes

Àpéro followed by Dinner

Sunday 27th Sept

Breakfast (House guests)

Session - Spicy Ferments

- Kimchi
- Hot sauce/ ketchup - make

Lunch

Guided local walk

- Potager, edible and medicinal wild plants

Session - Bugs on the move

- Review of learning - allocation of starter cultures - in suitable formats for travel
- Discussion of equipment
- Setting up home fermentation
- Troubleshooting

Àpéro followed by Dinner

Speaker - local food producer or similar to talk about their enterprise and local food culture

Monday 28th Sept

Breakfast (House guests)

Lunch

Departures