



Sour Vegetables for Happy People

WORKSHOP ABOUT PRODUCTION AND SELLING OF FERMENTED PRODUCTS

How can you as a small scale vegetable farmer get a longer selling season and add value to your products? Fermentation can be one option. But wait – you also have to educate the customers to buy and eat it regularly. So, how can you develop a variety of products and sell with profit?

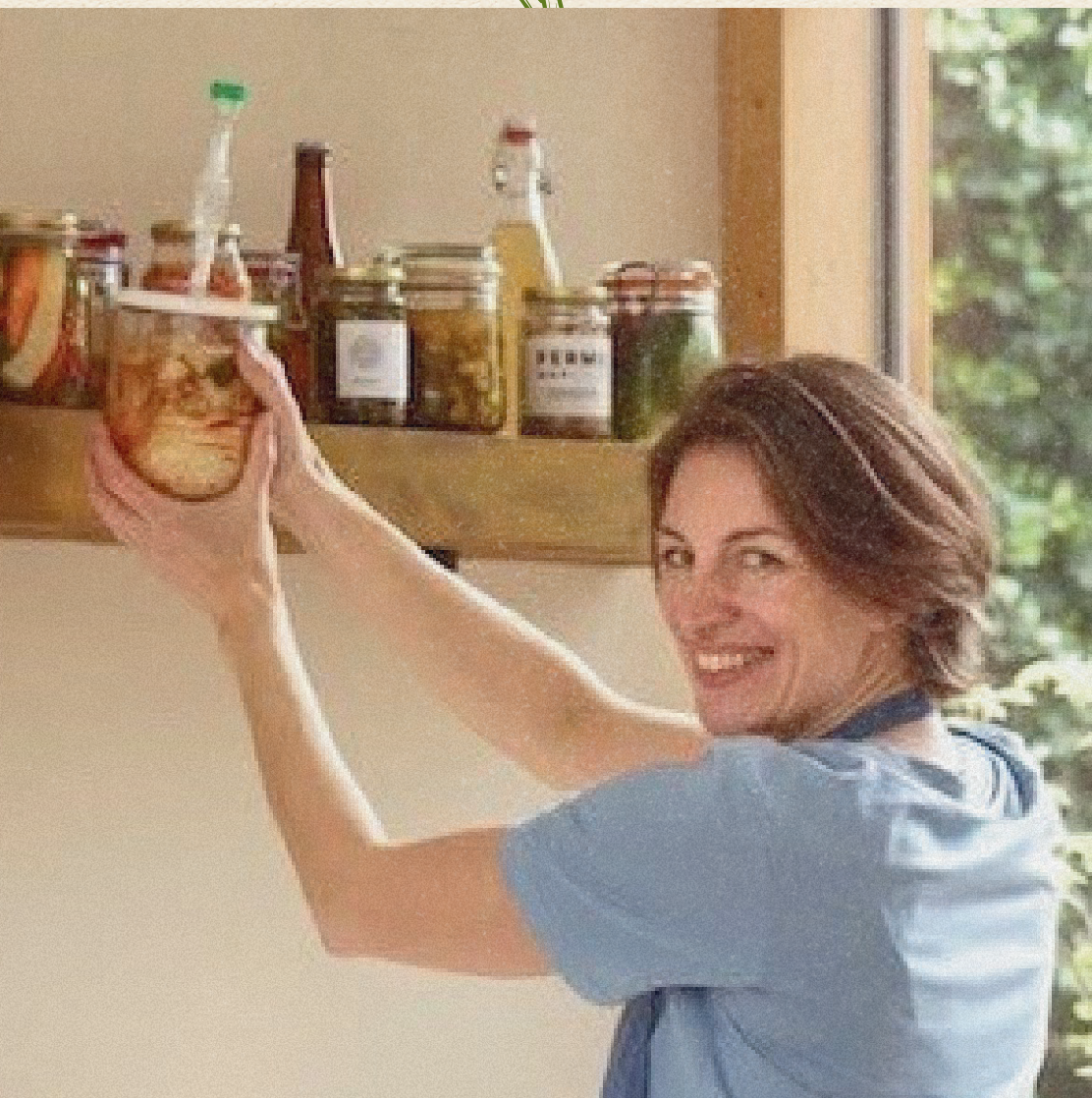
In this interactive workshop, you'll explore these questions together with Sanne Zwart, an experienced fermentation entrepreneur from Rotterdam.



Oslo

August 21st, 2026

10:00-15:00



Who is this workshop for?

Small-scale vegetable farmers who sell directly to customers.
Participants with previous fermentation experience will be given priority.

What to expect:

Sanne will bring:

- Practical fermentation knowledge and techniques
- Insights from the Dutch fermentation market
- Experience developing and selling fermented products

You will bring:

- Your own farming experience, customers, and ideas
- Your questions and challenges
- Your own fermented products for feedback (optional)

Bondens marked Norge will contribute with insights into Norwegian customer preferences and market opportunities.

Together, we'll explore how fermentation can help you create new products, extend your selling season, and strengthen your business, so you can return to your farm with fresh ideas and practical inspiration.

Price:

Free for small-scale vegetable farmers

NOK 500 for all other participants.

🚫 A no-show without cancellation will be charged NOK 500.

Sign up:

Would you like to join this workshop? Please register here:

<https://forms.gle/omwc8Fh1WydfLN787>

