



BardicBrews.net

UFF  
URBAN FARM FERMENTORY

present:

# From Alcohol to Alchemy: *The Lore, Craft, and Nutrition of Mead*

**Tuesday, November 16, 7-10pm**  
**Urban Farm Fermentory**  
**200 Anderson Street, Bay 4**  
**Portland, Maine**  
**207-653-7406**

## Workshop includes:

- **History and Lore of Mead**  
*with James Lindenschmidt*
- **Mead Nutrition and Alchemy**  
*with Daniel Vitalis*
- **Interactive Mead-Making**  
*with James Lindenschmidt*



**Daniel Vitalis**

*health & nutrition strategist;  
nature-based philosopher*



**James Lindenschmidt**

*of BardicBrews.net*

## Two registration options available:

**Get Your Gear, Brew Your Mead: \$125**

**(only 12 openings!!)**

You will take home a 3-gallon carboy full of fermenting mead

**- or -**

**General Admission: \$35**

**To register call 207-653-7406. Space is Limited!**

[www.BardicBrews.net](http://www.BardicBrews.net) | [www.UrbanFarmFermentory.com](http://www.UrbanFarmFermentory.com) | [www.DanielVitalis.com](http://www.DanielVitalis.com)