

The CibOfficina (*FoodLab*) _ Microbiotica

production of probiotic fermented foods

What is this about?

A workshop for the production of **probiotic fermented foods**.

MISO, SAUERKRAUT, FERMENTED VEGETABLES, SHOYU and other healthy and natural products.

What is it for?

This campaign **will help to buy** the necessary **machinery and tools** to start the **official production**. The place is already available, it is the kitchen of a farm-restaurant near Viterbo. By the end of the year, all the paperwork should also be completed.

What is the distinctive feature?

It is an agricultural project, in fact, part of the crops will be self-produced, while the rest will be the result of **collaboration agreements with local farmers**. I intend to use **valuable products**, grown without pesticides, herbicides, fertilizers or other chemicals.

I also intend to produce "live foods", **probiotics**, that are rich of useful microorganisms, able to restore and maintain the health of our microbiota (the set of microbes that live in symbiosis with us in our bodies). This means they are **not going to be pasteurized**, nor sterilized, or microfiltered, etc.

Time and way?

Initially, the main focus will be on **MISO**, on **SHOYU** and **SAUERKRAUT**. But soon I will begin to produce other products, such as fermented **vegetables in oil, olives and other pickled vegetables, spicy sauces, kimchi, vinegar...** and other small surprises on the developing of which I'm still working.

The MISO will be entirely produced **using local legumes and grains** and **avoiding to use soy beans**. The project also aims to continue the **research on fermentation**, that I have been carrying on for many years, to refine the techniques and also to develop new products and combinations.

Is that all?

Not at all! The CibOfficina (FoodLab) will also offer:

- **Courses on fermentation**, bakery, ecological food, etc.
- **Dinners** based on genuine and fermented products
- The possibility to deepen the fermentation techniques doing **an internship or a period of work**
- **Support for those wishing to start a similar project**, thanks to the gained experience
- **Experimentation** and development of new products and processes
- The **support to small agricultural productions of the territory**. My commitment in seeking farmers focusing on the products quality and on the preservation of the environment is one of my main drives in setting up this project. I wish to help out, even if only on a small scale,



all those small farmers that try every day to **give new life to our Earth** and produce extraordinary crops. My goal is to support them paying the right price for their products, preferring local **varieties and ancient seeds**, so to guarantee the purchase of a part of their production and to set up a collaboration for the development and marketing of our fermented products.

This network, of which I am already a part of, is a **priceless treasure** that must be maintained and constantly improved.

- Publication of the **list of suppliers** on the web-site of CibOfficina, so that other people can also buy from them. I would like to contribute to the constitution of a **network of trust** between buyers and producers
- **Events** and product tastings
- Opportunity to visit the CibOfficina and **see the production** with your own eyes.

Why this fermentation “obsession”?

Fermented foods, **probiotics** that are essential to our health, have **largely disappeared from the market**. Even the foods obtained with the aid of so-called good microbes are in fact largely **pasteurized or sterilized**.

Today, **medicine** is finally realizing the importance of human symbiotic microbes. **Probiotic foods are considered essential for our health...** *"but where do I find them?"*, this is the question I so often hear. You can either make them at home or find someone who produces them. The CibOfficina offers classes for the self-production and produces food without pasteurization.

Gourmet-cuisine is also rediscovering these ancient foods which are enriched with unique flavors. The CibOfficina's activity also addresses this sector with **training courses and “customized” productions**.

To start a food processing laboratory dedicated to fermentation as a technique to improve and store food is not straightforward. If you want to start a small scrupulous and genuine craft production in this field, remaining connected with the small local agricultural realities, in Italy (and Europe) you are required to deal with rules made for the industry. The laws and regulations are modeled on standard products and industrial processes, but I believe that with a bit of effort I can create a small company to produce genuine and products that are alive.

This is the challenge, **to be among the first to do it**, hoping that my experience can help others in the future **to start a similar enterprise**.

Today, I think that in the nutrition sector it is important to grow all together, to create a multitude of local, small, conscientious producers.

How will the money be used?

I will lend the kitchen/laboratory which is already partially furnished , but I'll have to buy some missing **equipment** and get other relevant **permissions** to start my own production.

The money raised with this funding will serve mainly to buy equipment: a steam oven, a leavening chamber that will serve as an incubator for the koji, a chiller, a meat grinder that will be used for legumes, a blender, a small mill for cereals, a food processor and a dryer, vats, containers, trays, barrels...

This equipment is essential to start the project, then in the coming years, I'll have to add some other tools, but I will do so when the necessary funds will be available.

To keep the costs low, I will obviously buy mostly second-hand equipment.

A small part of the funding may also serve to cover the consultancy fees and administrative costs in order to obtain all necessary permits (HACCP, SCIA, etc.).

