



SUMMER SCHOOL

The Art of Fermentation: where tradition meets science 29th June – 2nd July 2026

Monday 29th June

- 9.00 Welcome and visit to the UNISG campus
 - 10.00 **ICEBREAKING SESSION** – introductions and presentation of the program
 - 10.45 **SEMINAR** An anthropological approach to fermentation: who ferments and where. What is fermented and why
 - 11.45 **SEMINAR** Taste & fermentation. The science behind tastes with a focus on umami: how is it obtained through food transformation and how is it perceived?
 - 13.00 Lunch at the Academic Tables
 - 14.00 **SEMINAR+PRACTICAL** Fermentation: the science and techniques behind fermentation; laying the groundwork for the following days.
Koji inoculation activity to explore koji applications on various products like cereals, legumes and vegetables.
 - 16.30 End of lessons
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Tuesday 30th June

- 9.00 **SEMINAR** Anthro-Intro to Koji will give a brief contextualization of the well-known and loved fermentation practices found through Japanese cuisine and culture
- 9.15 **SEMINAR+PRACTICAL** Koji as a tool and how koji and its enzymes can be applied in multiple products such as miso, amino sauces, and amazake; participants will have a chance to taste multiple products as they relate to koji
- 10.45 Coffee break
- 11.00 **WORKSHOP** Production of own miso; exploring flavours, texture and composition. Check on Koji and tempeh and how to build you own incubator
- 12.30 Lunch at the Pollenzo Food Lab
- 13.30 **SEMINAR** Anthro-Intro to Lactic Fermentation with a brief contextualization of commonly-consumed but often-overlooked lactic ferments and their global presence and importance
- 13.45 **SEMINAR+PRACTICAL** Lactic fermentation theory explored in multiple parts, including: background of lactic fermentation, looking at spontaneous versus starter cultures, a show-and-tell-and-tasting of various lacto-fermented products; the day will close with DIY time for participants to make their own lacto-fermented veggies
- 16.30 End of lessons
- 18.00 Meeting in main square of Pollenzo and transfer to Bra by bus
- 18.30 **WORKSHOP DINNER** at Casa B with Michelin star chef, Davide Caranchini. Cooking session to prepare some fermented dishes with chef Caranchini. Convivial dinner and sharing of the dishes prepared together



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Wednesday 1st July

- 9.00 **SEMINAR** Fermented foods and Health - what do we need to know? Presentation about aspects related to health and fermented products, clarifying what is meant by prebiotics, probiotics and microbiota health
- 10.00 **10.00 SEMINAR+PRACTICAL** on microbial communities and the various intersecting symbiotic cultures and products of fermentation in tandem with a show-and-tell of products created using symbiotic cultures such as scoby, kefir grains, and sourdough
- 12.30 Lunch at the Academic Tables
- 13.30 **WORKSHOP** participants will have the opportunity to make their own kombucha, exploring flavor combinations with herbs and spices
- 14.30 **PRACTICAL** Check-up on koji and tempeh produced the previous day and take-home of koji for participants. Final Q&A moment for participants to test their learned knowledge on ferments and provide a sort of fermentation clinic
- 16.30 End of activities
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Thursday 2nd July

- 9.00 Departure by bus for Reis. Nestled in the mountains, this self-sufficient restaurant honors age-old traditions while bringing a modern twist to fine dining. Chef Juri, after years in Michelin-starred kitchens, returned home to celebrate his family's heritage. Every dish on the menu comes from their land: from homegrown vegetables and foraged herbs to their own livestock. During the visit, we'll explore the farm, wander through the gardens, and visit the goat barn before enjoying a seasonal lunch paired with natural wine and stories of mountain traditions. Chef Juri will also share his artisanal fermented products such as goat's cheese, cider, kefir, and borscht, showcasing his passion for traditional and innovative cuisine
- 14.00 Departure by bus to visit the Craveri and Lamberti Cider company and get to know this ambitious project founded by 3 young friends, with the common passion for fermentation. A visit to understand the production process and taste some of their flagship products.
- 17.00 Arrival in Pollenzo and end of course