

THE FERMENTED TABLE PRESENTS

THE MANIFESTO

SIMPLE STEPS WITH HUGE IMPACT

www.thefermentedtable.com



FOOD

HEALTH IS WEALTH!

I will use and consume only the best products that I can afford. I will always make organic, non-GMO, grass-fed-grass-finished, wild-caught, farm-to-table, homegrown my first choice.

FAMILY

GOD DESIGNED THE FAMILY UNIT

Relationships are the key to a happy, healthy, vibrant life. I will love and care for my family above all else. I believe those who are in Christ are my family.



TRUTH

ABSOLUTE TRUTH STILL EXISTS

I will be bold enough to question the narrative. I will not simply assume things are true. I will research and know that it is true before I build my life around it.



PEOPLE

PEOPLE ARE AWESOME!

I will be generous with my time, talents, home, and money. I will care for people over things. I may love the planet and animals but people are my priority.



LAUGHTER

MAKE LOL GREAT AGAIN

I believe that laughter is medicine to the body and soul. I choose to laugh loudly, freely, daily, unashamedly and mostly at myself.



FINALLY

MOST IMPORTANTLY

I will ferment all the things!

