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strikes me as a wonderful technique: not only does it preserve my harvest, but it adds to it, in that the bacteria involved in fermentation provide, when consumed, an enhancement to my intestinal microbial ecology. The Art of Fermentation is an absolute treasure.

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fermentation is an ancient method of food preservation that also enhances the bioavailability of nutrients in food. People are becoming increasingly aware that our

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gut health is directly linked to our overall health. As much as 70-80% of our immune system resides in our gut. Including fermented foods in the diet []

The Art of Fermentation - Irish Seed Savers Association

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The reason for this is not only the depth of analysis the author goes into – it is also his writing style.

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Book - The Art of Fermentation: An In-Depth Fermentation Guide

Just to give you an idea, Art of Fermentation also covers all of the following: kombucha, sauerkraut, tempeh, miso, wine, beer, sake, hominy, coffee, cheese, salami, cod liver oil, brined mushrooms, kimchee, cider, fermented

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Fermentation revivalist Sandor Katz has inspired countless thousands to rediscover

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