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The Art of Fermentation provides essential

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"fermentation revivalist" Sandor Katz says
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preservation that also enhances the bioavailability of nutrients in food. People are becoming increasingly aware that our 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 [...]

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Where To Download The Art Of Fermentation An In author goes into | it is also his writing style.

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brined mushrooms, kimchee, cider, fermented urine as garden fertilizer, sourdough breads, koji, and 100 year eggs. That 's only a sampling.

The World

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inspired countless thousands to rediscover the ancient art of fermentation, and with The Art of Fermentation he offers the most comprehensive and definitive guide to do-ityourself home fermentation ever published. Katz presents the history, concepts and processes behind fermentation in ways simple enough to guide a reader through

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fermentation and takes us back to the origins of this ancient art to better understand the historical context, the process and concept, and nutrition and microbiology of fermentation.

The Art of Fermentation
The Art of Fermentation Sandor Ellix Katz is

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