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This is a guide to storing, preserving, and cooking foods using one of the oldest techniques known to man—that of fermentation. But it is much, much more than that. It is a book of nutritional chemistry and traditional folkways, a fascinating window into both what humans around the world have eaten for centuries and how we can learn from this. Recipes range from the expected to the unexpected. This is a guide to storing, preserving, and cooking foods using one of the oldest techniques known to man—that of ...

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A truly fabulous book, a quirky gem, a classic. Mollison has written a comprehensive monograph on the international use of microbial fermentation in food and beverage production, from a cross-cultural, anthropological, and biological perspective.

The Permaculture Book of Ferment and Human Nutrition

The Permaculture Book of Ferment and Human Nutrition. Permaculture founder Bill Mollison's 1993 book on fermentation, which was out of print for many years. This was the book that began Sandorkraut's fermentation education, now expanded and revised. Topics covered include: Storing, Preserving and Cooking foods. Fungi, Yeast, Mushrooms and Lichens.

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The Permaculture Book of Ferment and Human Nutrition by Bill Mollison. Most of this book is about fermentation, for it is an excellent way to prolong the life of many foods and to build proteins and vitamins into starchy low-grade goods. A book written for us about the virtues of the fermenting process, the variety of fermenting undertaken across humanity and how to do it yourself.

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This is a guide to storing, preserving, and cooking foods using one of the oldest techniques known to man—that of fermentation. But it is much, much more than that. It is a book of nutritional chemistry and traditional folkways, a fascinating window into both what humans around the world have eaten for centuries and how we can learn from this.

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