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I Love Fermenting Fruit

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nutrition and cookbook Nourishing Traditions. The process of fermenting foods—to preserve them and to make them more digestible and more nutritious—is as old as humanity. From the Tropics—where cassava is thrown into a hole in the ground to allow it to soften and sweeten—to the Arctic—where fish are customarily eaten ...

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allies – transform food and extend its usefulness. Fermentation is found throughout human cultures. Hundreds of medical and scientific studies confirm what folklore has always known: Fermented foods help people stay healthy.

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TP371.44 .K37 2003. Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods is a 2003 book by Sandor Katz that discusses the ancient practice of fermentation. While most of the conventional literature assumes the use of modern technology, Wild Fermentation focuses more on the practice and culture of fermenting food.

### **Wild Fermentation - Wikipedia**

Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods (20 CPEU / CEU) Brand New! This critically-acclaimed book will educate and inspire you with the author's demystifying approach to the health benefits of making and eating fermented foods, imparting an abundance of knowledge you can share with clients and use to build your ...

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