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founder Bill
Mollison's 1993
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which was out of

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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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Sawsee2 rated it really liked it Feb 07, There are some things, fermented seal blubber, for instance, that none of us will be attempting to make or eat in the near future.

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iconic book that started it all, but with a fresh perspective, renewed enthusiasm, and expanded wisdom from his travels around the world. This self-described fermentation revivalist is perhaps best known simply as

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into cheese or
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and much more. In turn, they've traded batches, shared recipes, and joined thousands of others on a journey of creating healthy food for themselves, their families, and their communities.

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tubers; beers (and
other grain-based
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beverages); beans;
seeds; nuts; fish;
meat; and eggs, as
well as growing
mold cultures,
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store-bought ACV
or distilled white
vinegar. In fact,
vinegar can be
made from
anything with
fermentable sugar,
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and aging gives readers the foundational skills and knowledge for fermenting their own vinegar. Then the real journey begins, as the book delves into the many methods and ingredients for making vinegars, from apple cider to red wine to rice to

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way to compost all
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Bokashi is Japanese
for "fermented
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convenient way to
compost in your
kitchen, garage, or
apartment, using a
specific group of
microorganisms to

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anaerobically ferment all food waste (including meat and dairy). Since the process takes place in a closed system, insects and smell are controlled, making it ideal for urban or business settings. The process is very fast, with compost

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usually ready to be integrated into your soil or garden in around two weeks. While bokashi has enjoyed great popularity in many parts of the world, it is still relatively unknown in North America. From scraps to soil, Bokashi

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recipes, all
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