

The Permaculture Book Of Ferment And Human Nutrition

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The Permaculture Book of Ferment and Human Nutrition ...

About this Item. 28cm x 21cm. xxii, 244 pages [16] pages of colour photographs, black and white illustrations. Illustrated wrappers. 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 foods. Most western peoples are familiar with yeast breads, sourdoughs, cheese, and beers.

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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.

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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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Bill Mollison - Wikipedia

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