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ferments – permaculture  
living (non-monetised)

*Fermented Vegetables -  
Sauerkraut, Kimchi,  
Pickles, and More*

**Cookbook Review:**

**The Art of**

**Fermentation by**

**Sandor Katz ~~Wild~~**

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~~Fermentation Book~~

Review **Permaculture**

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**Gaia's Garden Lesson**

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\u0026 an Easy How  
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Test Kitchen | Bon~~

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*Permaculture?* (w/

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**Permaculture? By Bill  
Mollison, David  
Holmgren**

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Brad Makes Fermented

Hot Sauce | It's Alive |

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Foods Made Easy with*

*Fermentation Expert*

*Sandor Katz Geoff*

*Lawton: The*

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~~Library Sandor Katz~~

~~"The Art of  
Fermentation"~~

~~04-02-2012 ? BOOK~~

**FLIP THROUGH**

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**Fermented Vegetables**

**by Kirsten and**

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21cm. xxii, 244 pages

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## The

[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,

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sourdoughs, cheese, and  
beers.

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This is a guide to  
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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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### **The Permaculture Book Of Ferment And Human Nutrition by ...**

A truly fabulous book, a quirky gem, a classic. Mollison has written a comprehensive

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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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Nutrition. Permaculture  
founder Bill Mollison's  
1993 book on  
Ferment And  
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that began

Sandorkraut's  
fermentation education,  
now expanded and  
revised. Topics covered  
include: Storing,  
Preserving and Cooking  
foods. Fungi, Yeast,

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Mushrooms and  
Lichens.

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book is about  
fermentation, for it is an  
excellent way to prolong  
the life of many foods

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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.

**Ferment and Human  
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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

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5.0 out of 5 stars The  
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Nutrition Reviewed in  
the United States on  
April 23, 2010 Just so  
you all know, the  
publisher of this book,

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Tagari, is re-printing it this year. It should be in the \$50 range.

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Articles. Mollison, Bill

(15–21 September

1978). "The One-Straw

Revolution by

Masanobu Fukuoka –

book review". Nation

Review. p. 18. See also.

Peter Andrews; David

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human Nutrition: Bill**

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## ...Permaculture

It's a book of science, humour and commonsense' written by Australia's great pioneer of Permaculture. 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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