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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.

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.

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The Permaculture Book of Ferment & Human Nutrition ...

5.0 out of 5 stars The Permaculture Book of Ferment and Human Nutrition Reviewed in the United States on April 23, 2010 Just so you all know, the publisher of this book, Tagari, is re-printing it this year. It should be in the \$50 range.

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This is a guide to storing, preserving, and cooking foods using one of the oldest techniques known to. This is a lesser known book of his, and it ' s a pretty great read. It ' s a compendium of traditional ways to preserve food (most often w.

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Bill Mollison - Wikipedia

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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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