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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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Ferment and Human Nutrition - Tagari Publications

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 centuries and how we can learn from this.

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