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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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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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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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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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The Permaculture Book of Ferment and Human Nutrition (1993, Revised 2011) ISBN 978-0-908228-06-5; Travels in Dreams: An Autobiography (1996) ISBN 978-0-908228-11-9; 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 Holmgren; Albert Bates

Bill Mollison - Wikipedia

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