

Download Complete Idiot Guide To Fermenting Foods

The Complete Idiot's Guide to Fermenting Foods is an amazing resource for folks interested in fermenting (or pickling) foods naturally, without heat. It covers fermentation of fresh, raw vegetables and fruit, as well as the making of natural soda and other fermented beverages, and goes on to cheese-making, and even making fermented meat products. The Complete Idiot's Guide to Fermenting Foods. The Complete Idiot's Guide to Fermenting Foods by Wardeh Harmon is an excellent resource for both new and experienced fermenters. For those new to the topic, Wardeh provides detailed explanations. The Complete Idiot's Guide to Fermenting Foods. The art of fermenting foods is an ages-old craft that is enjoying a resurgence as people are discovering not only the benefits of live-culture foods, but the true pleasure of creating their own fermentations at home. Research is proving that live-culture foods can help reduce high cholesterol, ... My book, The Complete Idiot's Guide to Fermenting Foods, is out today! You can buy it here on amazon . Or if you'd like a signed copy , you can get one through my friend Marci at Amazing Graze Farm Store .