



The Permaculture Book Of Ferment And Human Nutrition

Bill Mollison

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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. Recipes range from the expected—beer, pickles, soy products—to the absolutely bizarre, including a recipe for couscous you probably won't be trying at home. Appendices provide agricultural and nutritional information.

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From Reader Review The Permaculture Book Of Ferment And Human Nutrition for online ebook

Alex Ihlo says

Great book. Do wish it had some other recipes. Would also be nice to have a section on methods like how some people convert refrigerators to fermenter with an auxilliary light bulb and simple thermostat. I made yogurt quite successfully in a wool box(My version of a strawbox) alongside a Susun Weed style herbal infusion for extra warmth.

Jay says

wow. great book- you can learn a lot..like how to bury birds in permafrost and ferment them....and then eat them.

well worth a read if you like to ferment or eat fermented things.

Khristiey says

this would be a good one to have onhand during the zombie apocalypse. all things ferment. from milk to bugs. seriously.
