



The Permaculture Book of Ferment and Human Nutrition

By Bill Mollison

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The Permaculture Book of Ferment and Human Nutrition By Bill Mollison

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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