

SANDOR ELLIX KATZ

Foreword by Michael Pollan

The **ART** *of*
FERMENTATION



**AN IN-DEPTH EXPLORATION OF ESSENTIAL CONCEPTS
AND PROCESSES FROM AROUND THE WORLD**

*With Practical Information on Fermenting Vegetables,
Fruits, Grains, Milk, Beans, Meats, and More*

The Art Of Fermentation

J Dewey



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