



## Fresh & Fermented: 85 Delicious Ways to Make Fermented Carrots, Kraut, and Kimchi Part of Every Meal

By O'Brien, Julie; Climenhage, Richard J.

Sasquatch Books, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service!  
 Summary: Fresh & Fermented is a celebration of the simplicity, power, and versatility of fermented vegetables. With great clarity, user-friendly detail, and gorgeous photos, Julie O'Brien and Richard Climenhage guide readers through the fermentation process itself, followed by dozens of inspiring ways to incorporate fermented vegetables into almost anything you could imagine eating, including smoothies, popsicles, spreads, sauces, dips, salsas, marinades, and even desserts. For people wanting to incorporate the power of fermentation into their lives, this book is a great guide. --Sandor Ellix Katz, author of The Art of Fermentation and Wild Fermentation O'Brien and Climenhage take the science and art of lacto-fermentation to a whole new level in this beautifully illustrated book. From a keen look at the science and health benefits of sauerkraut and other lacto-fermented foods, to an assortment of highly original sauces, salsas, salads, dips and desserts incorporating these culinary wonders, Fresh and Fermented is bound to please both experienced and neophyte cooks. --Sally Fallon Morell, president of The Weston A. Price Foundation and author of Nourishing Traditions If there's anyone who can persuade me to add kraut juice...



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