

## WILD FERMENTATION



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### **Wild Fermentation Wild Fermentation Wild Fermentation**

Since its publication in 2003, and aided by Katz's engaging and fervent workshop presentations, Wild Fermentation has inspired people to turn their kitchens into food labs: fermenting vegetables into sauerkraut, milk into cheese or yogurt, grains into sourdough bread, and much more.

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Thank you for your understanding and please enjoy the break! This is a great time to familiarize yourself with the group's files and photo albums, which contain recipes in the photo comments.

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### **Wild Fermentation Rob Greenfield**

Wild fermentation is a lost art in our generation and the truth is that it is an inexpensive and accessible way for just about anyone to eat healthy. Wild fermentation is used to preserve fresh foods and at the same time cultivate beneficial bacteria, known as probiotics. Some of the ferments you

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### **Fermentation Wilde Fermente**

Die Fermentation von Gemüse wird durch zwei wichtige Parameter bestimmt: die Salzkonzentration und den Luftabschluss. Alles Gemüse unterhalb der Salzlakeoberfläche ist sicher, weil es dort anaerob ist.

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Wild Fermentation. 679 likes. Great place to talk about how you ferment your foods and drinks. Wild Fermentation will help you get started with your

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