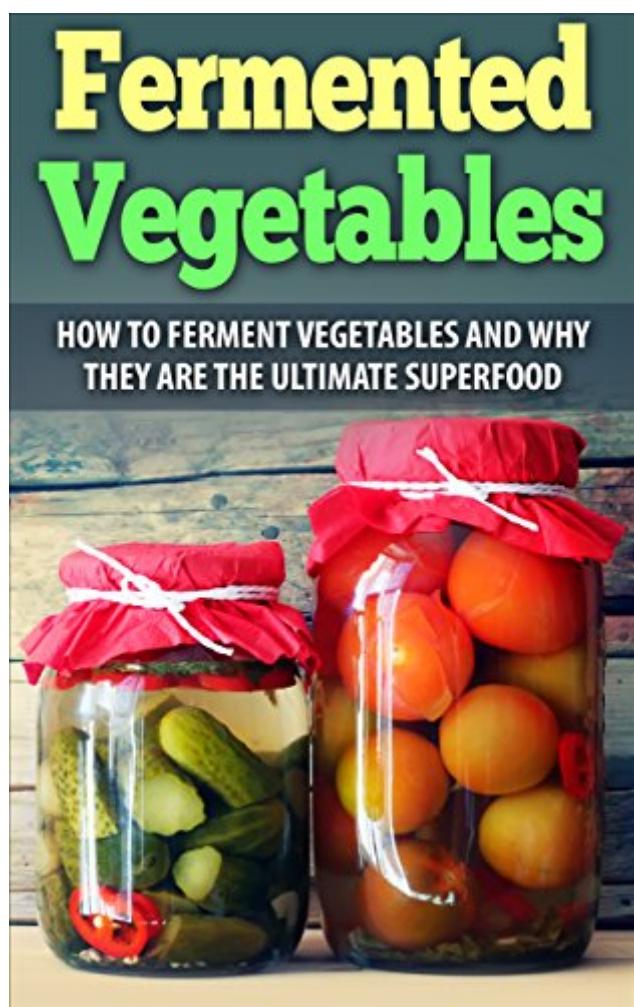


The book was found

Fermented Vegetables: How To Ferment Vegetables And Why They Are The Ultimate Superfood(22 Easy Recipes)



Synopsis

The secret to good digestive health isn't a fancy new drug. It's one of the oldest food techniques in the world. You know that fermented vegetables--like pickles, sauerkraut, and kimchi--taste great. But what you might know is that they are also great for you. With fermented vegetables in your diet, you can heal bowel disease, lose weight, and lower your cancer risk. And that's just the beginning of the benefits fermentation brings. For thousands of years, people have used fermentation to preserve food. A new book, *Fermented Vegetables: How to Ferment Vegetables and Why They Are the Ultimate Superfood*, makes it easy to join this tasty and healthful tradition. You don't need fancy equipment, expensive ingredients, or cooking skills to make fermented vegetables. It's food anyone can make. After reading *Fermented Vegetables*, you'll learn: Why fermentation is so important for a healthy diet The fundamentals of preparing vegetables for fermentation 22 Complete recipes for a variety of fermentation How fermented vegetables can help kids with autism and ADD And more! It's time to trust your gut. Grab *Fermented Vegetables* today, and start enjoying your food and having your health too!

Book Information

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Customer Reviews

Straight to the point, easy to follow directions and several recipes to get started with. I recommend this to anyone who is a beginner with fermented foods or someone who is interested in how it's done.

A great book on learning how to ferment vegetables to eating healthier. The book is well written and easy to understand for a beginner to learn. The author explains very well the benefits and information about fermentation. I enjoyed reading this step by step guide and recommend it.

I did all the process that the book shows and my veggies are delicious. The secret is to keep them submerged as the book states. the Sauerkraut recipe is just delicious, now I am going to try kimchi and what it tastes like. letâ™s go back to basics to heal our body. Very complete book.

Great book for those thinking of preserving and fermenting their vegetables! This book is full of great information on fermenting vegetables, from the benefits, to the how to and even the things to watch out for. It also includes some helpful recipes to get you stared and hooked on these yummy/ healthy way of consuming vegetables!

Everything you ever wanted to know about fermenting foods. The author is very thorough, providing information about fermenting, health benefits, ease of the fermenting process and possible problems one might encounter. Excellent book, highly recommended.

I will be trying the recipes and directions for sauerkraut and kimchi. The only part I was confused about was the ending the author mentions not to eat fermented vegetables if you are prone to Candida? How does one successfully heal and seal the gut than? Any clarifications??? Thanks

The blurb for this book said it contained 22 recipes. It must have been a typo as there are only 2 recipes; one for sauerkraut and one for kimchi. Other than that the book was OK. No recipes gets only 3 stars.

Great easy and fast summary. Its not a complex overall how to but an easy simple introduction of how and why and what to look for. There is one photo how to make hat was helpful in explaining the process.

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