

Kombucha Revolution 75 Recipes For Homemade Brews Fixers Elixirs And Mixers

Poems about love and landscapes by the author of the classic *Desert Solitaire*, an “environmentalist, nature writer, novelist and all-around iconoclast” (The New York Times). While better known for his nature writing and his comic classic *The Monkey Wrench Gang*, Edward Abbey was also an enthusiastic creator of verse. The New York Times called his memoir *Desert Solitaire* “deeply poetic”—and now Earth Apples his actual poetry, in Abbey’s first and only collection. Whether writing about vast desert landscapes, New York City, or a love of bawdy, Abbey’s verse is eloquent, irreverent, and unapologetically passionate. The poems gathered here, published digitally for the first time, are from Abbey’s journals and give an insightful and unique glance into the mind of this literary legend.

Discover how to preserve your favorite foods in every season with the easy techniques and recipes in *Real Food Fermentation: Preserving Fresh Food with Live Cultures in Your Home Kitchen*. Learn the process of fermentation from start to finish, and stock your pantry and refrigerator with delicious fruits, vegetables, dairy, and more. Fermenting is an art and a science, and Alex Lewin expertly takes you through every step, including an overview of food preserving and the fermentation process. Get to know the health benefits of fermented foods, the best tools, supplies, and ingredients to use. Then start making wholesome preserved foods and beverages with step-by-step recipes for sauerkraut, kombucha, kefir, yogurt, preserved lemons, chutney, kimchi, and more, getting the best out of every season’s bounty. The book is filled with beautiful photos and clear instructions help you build your skills with confidence. It’s no wonder people are fascinated with fermenting—the process is user friendly, and the rewards are huge. Inside you’ll find: an overview of the art and craft of home preserving, how fermented foods are good for you, how to troubleshoot recipes, and how to modify them to suit your taste, which vegetables and fruits are best for fermentation, the best seasonings to use, how to ferment dairy products to create yogurt, kefir, and buttermilk, how to create fermented drinks including mead, wine, and ginger ale. With this book as your guide, you’ll feel in control of your food and your health. See why so many people are discovering the joys of fermenting!

‘If we could all live and eat a little more like Tom the world and the food chain would be in much better shape.’ Anna Jones ‘This book is a hybrid of Michael Pollan and Anna Jones. It combines serious food politics with flavour-packed modern recipes. This is a call-to-arms for a different way of eating which seeks to lead us there not through lectures but through a love of food, in all its vibrancy and variety.’ Be like Tom’s mission is to teach a way of eating that prioritises the environment without sacrificing pleasure, taste and nutrition. Tom’s mission to Fruit’ demonstrates how we can all become part of the solution, supporting a delicious, biodiverse and regenerative food system, giving you the skills and knowledge to shop, eat and cook sustainably, whilst eating healthier, better-tasting food for no extra cost.

From sauerkraut to kombucha, homemade fermented foods and drinks are the latest health trend. Probiotic drinks and fermented foods contain a powerful dose of live cultures that many people credit for improved digestion, immunity, and skin health. With more than fifty recipes, *The Healthy Probiotic Power Diet* will show you how to make delicious meals and beverages in your own home to make them part of your everyday diet. Probiotic drinks are made by adding cultures to base ingredients such as milk, sweet tea, or fruit juice, while fermented foods can be made by culturing vegetables, grains, beans, and other foods. Both add enzymes, B vitamins, and protein to your diet, while tasting delicious. R. J. Ruppenthal explains the benefits and includes simple, tasty recipes for: - Kombucha and ginger beer - Yogurt, cottage cheese, chèvre, and other cheeses - Kefir, yogurt, and smoothies - Green drinks and natural energy drinks - Naturally fermented ciders and sodas - Sauerkraut, kimchi, and natural pickles - Simple and delicious probiotic dishes, including corn salsa, dolmas, kimchi noodles, chocolate pudding, and hummus. Probiotic drinks and foods can help you lose weight, nourish your body, boost energy, and improve overall health. With quick and easy recipes, *The Probiotic Power Diet* will show you the way to a healthier lifestyle, while helping you save money over the high cost of these popular items. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We’ve been successful with books on free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. Not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are overlooked and to authors whose work might not otherwise find a home.

White Heat

Cultured Food Life

Brewing, Flavoring, and Enjoying the Health Benefits of Fermented Tea

Ideas in Food

Speed Brewing

Real Food Fermentation

Delicious Probiotic Drinks

Kombucha Crafter’s Logbook

A guide to the art and science of fermented foods provides recipes that progress from simple condiments to more advanced techniques, offering insight into the history and health benefits of fermentation.

Kombucha Revolution 75 Recipes for Homemade Brews, Fixers, Elixirs, and Mixers Ten Speed Press

Explaining how to use the healing properties of everyday herbs and spices to promote health, the author of 20,000 Secrets of Tea offers more than one hundred recipes for health-boosting meals and snacks designed to boost energy, fight disease, enhance the immune system, and more. Original. 12,000 first printing.

Molto Gusto is a glorious collection of mouth-watering recipes for pizza, pasta, and more from Mario Batali’s famed Otto Enoteca Pizzeria in New York City. Chef and restaurateur Batali—a fixture on the Food Network and bestselling author of Italian Grill and Molto Italiano—has been named by Fortune magazine as one of the “100 most recognized personalities in the U.S.” With Molto Gusto, Mario Batali takes food lovers on a spectacular culinary journey—from antipasti to gelati—with nearly 100 scrumptious recipes for “Easy Italian Cooking” and gorgeous full-color photographs.

Flying Lead Change

Including koji, kombuchas, shoyus, misos, vinegars, garums, lacto-ferments, and black fruits and vegetables

The Ultimate Guide to Preserving Vegetables

The Art of Fermentation

More Than 50 Recipes for Improved Digestion, Immunity, and Skin Health

The Complete Vegan Cookbook

The Chuck Adams Story

Elements of Cocktail Technique

There is an old joke among skiers, usually put to other fans of the sport as a question: what's better, sex or skiing? The answer is a given, but the hesitation in answering, that moment of serious consideration, is cause for humour. Extreme skiers get it. They know skiing isn't just a sport; it's a lifestyle, one inextricably bound up in the notion of adventure. This book is all about that adventure, that call to some of the world's best known, and unknown, slopes. About downhill racing, and the sophisticated, international club of competitors and the upstarts who on occasion beat them. Throughout this book are skiing's stars, such as Bode Miller, Stein Erickson and Jean-Claude Killy. This is a book about riding on the edge of danger and surviving it, about the thrill and focus of competition, and the thrill of rescue. It is a book of people; some quirky, some delightful, some strange, some just plain crazy, but all of them drawn to White Heat, the extreme skiing life.

Techniques and recipes for fast-fermenting beers, ciders, meads and more. Speed Brewing is the perfect guide for beginners and anyone who wants to add something new and fast to brew to their repertoire! Even beginners can make their own fermented foods! This easy-to-follow comprehensive guide presents more than 120 recipes for fermenting 64 different vegetables and herbs. Learn the basics of making kimchi, sauerkraut, and pickles, and then refine your technique as you expand your repertoire to include curried golden beets, pickled green coriander, and carrot kraut. With a variety of creative and healthy recipes, many of which can be made in batches as small as one pint, you'll enjoy this fun and delicious way to preserve and eat your vegetables.

The author of the popular Nourished Kitchen website shares 175 recipes based on the "traditional foods" philosophy of eating that emphasizes nutrient-rich whole grains, dairy, red meat, organ meats and fermented foods. Original. 12,000 first printing.

56 Million Years of Wisdom for Leading and Living

Techniques and Recipes for Fast-Fermenting Beers, Ciders, Meads, and More

The Poetry of Edward Abbey

Recipes for Making and Cooking with Fermented Foods

Earth Apples

A Fun and Flavorful Guide to Fermenting Your Own Probiotic Beverages at Home

Great Taste and Good Health with Probiotic Foods

Transform Your Meals with the Power of Healing Herbs and Spices

A black cop. A white criminal defense attorney. Coming from extreme opposite ends of a cultural divide in the whitest major city in America, one is sworn to put away the bad guys, while the other defends those charged with murder, rape, and other heinous crimes. Their combustible relationship erupts in bigotry and hatred in their first encounter. But years later, when the two foes collide again, an improbable friendship binds them together. Hearts are changed as the two men of faith declare their intent to love one another as brothers during a deadly and racially charged time on the streets of Portland, Oregon. Their decades-long relationship and willingness to share their story has inspired multitudes around the world to build authentic and loving relationships--no matter the color of their skin.

Practical Methods & Recipes for Creating a Treasure Trove of Preserved Foods When veggies are at their peak of the season, this preserving compendium covering nearly every vegetable is your one-stop source. Brimming with 100 recipes, beautiful full-page color images, step-by-step preservation methods and handy reference charts, this foolproof guide will help you master canning & pickling, fermenting, dehydrating and freezing the most common garden produce. Angi Schneider is a master of preserving. She shares methods that emphasize simplicity yet keep the flavors exciting, and shares tips for working your preserved foods into your family's regular meal plan so nothing goes to waste. A sampling of Angi's everyday family-approved recipes featured in this book are: • Canned Dilly Asparagus • Fermented Corn Salsa • Dried Asian Broccoli Crisps • Frozen Carrot Top Pesto • Dried Scalloped Potatoes • Canned Marinara • Dried Pumpkin Pie Roll Ups • And so much more! Angi guides you through the basics of each preservation method, then shares an A to Z guide to preserving common garden vegetables, from asparagus to zucchini and everything in between. Each veggie's chapter includes Angi's growing tips, a reference chart and at least one recipe for each preservation method starring that vegetable. Whether you want to become a more self-sufficient household, reduce food waste for a greener planet or make the most of the fresh produce you have on hand, see how easy and fun it is to fill your pantry with preserved foods your family will be excited to eat.

Create your own collection of non-alcoholic, probiotic wonder drinks in your own kitchen! Kombucha is perhaps one of the most popular fermented probiotic health tonics on the market, promoting high levels of B Vitamins, antioxidants, and detoxifying properties. Doctors of both conventional and natural medicine agree that probiotics have positive effects on digestion, metabolism, immune system, and mental health. Fermented probiotic drinks help repopulate our intestinal tracts with healthy, friendly bacteria, which is essential to wellness. Good digestion, boosted immunity, improved brain function, and better mental health are all benefits that come with consuming kombucha and drinks like it. The Joy of Home Brewing Kombucha will show you how to create these beverages for you and your family using minimal equipment and ingredients. Via the more than 50 easy-to-follow recipes, you will learn how to brew: Delicious kombucha recipes Dairy-based kefir and yogurts Fruit and vegetable juice Kvass. The timeless and invigorating health tonic Rejuvilac And simple and delicious lacto-fermented sodas such as root beer, ginger ale, and ginger beer. By the end of this book, you'll be armed with the basic skills and knowledge necessary to brew these healthy beverages safely at home.

Chuck Adams is the world's best known bowhunter and the only bowhunter to complete three Grand Slams on American deer. This book reveals the secrets to his success showing how Adams makes and breaks bowhunting records and has successfully bowhunted almost every game animal in the world.

The Nourished Kitchen

Kombucha Revolution

Wild Fermentation

A Journal to Track and Record Your Kombucha Home Brews

The Art of Cooking with Cannabis

101 Simple Small Batch Recipes

The Wildcrafting Brewer

The Canning Kitchen

The health benefits of probiotics are no secret—doctors from both the Western and Eastern medicine

camps sing the praises of probiotics for their positive effects on digestion, metabolism, and the immune system. Enthusiasts of kombucha—a bubbly probiotic drink now sold regularly in stores from Manhattan delis to Seattle food co-ops—point to its high levels of B vitamins and amino acids, improving mood, energy levels, joint function, ligament health, and skin health. Now you can learn to make kombucha, as well as numerous other probiotic drinks, at home! With clear step-by-step directions, beautiful photographs, and more than seventy-five recipes, this is the ultimate guide to homemade probiotic drinks. You'll find numerous recipes for: Kombucha Jun Kefir Lacto-fermented lemonade Ginger beer Cultured vegetable juices And more! In addition, you'll find recipes for making yogurt, smoothies, and kefir ice cream. Fermenting drinks may seem daunting, but Julia Mueller shows how it can be fun, much more cost-effective than buying ready-made drinks from the store, and delicious! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

The Book That Started the Fermentation Revolution Sandor Ellix Katz, winner of a James Beard Award and New York Times bestselling author, whom Michael Pollan calls the "Johnny Appleseed of Fermentation" returns to the iconic book that started it all, but with a fresh perspective, renewed enthusiasm, and expanded wisdom from his travels around the world. This self-described fermentation revivalist is perhaps best known simply as Sandorkraut, which describes his joyful and demystifying approach to making and eating fermented foods, the health benefits of which have helped launch a nutrition-based food revolution. 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. In turn, they've traded batches, shared recipes, and joined thousands of others on a journey of creating healthy food for themselves, their families, and their communities. Katz's work earned him the Craig Clairborne lifetime achievement award from the Southern Foodways Alliance, and has been called "one of the unlikely rock stars of the American food scene" by The New York Times. This updated and revised edition, now with full color photos throughout, is sure to introduce a whole new generation to the flavors and health benefits of fermented foods. It features many brand-new recipes—including Strawberry Kvass, African Sorghum Beer, and Infinite Buckwheat Bread—and updates and refines original recipes reflecting the author's ever-deepening knowledge of global food traditions that has influenced four-star chefs and home cooks alike. For Katz, his gateway to fermentation was sauerkraut. So open this book to find yours, and start a little food revolution right in your own kitchen. Praise for Sandor Ellix Katz and his books: "The Art of Fermentation is an extraordinary book, and an impressive work of passion and scholarship."—Deborah Madison, author of Local Flavors "Sandor Katz has proven himself to be the king of fermentation."—Sally Fallon Morell, President, The Weston A. Price Foundation "Sandor Katz has already awakened more people to the diversity and deliciousness of fermented foods than any other single person has over the last century."—Gary Paul Nabhan, author of Growing Food in a Hotter, Drier Land "The fermenting bible." — Newsweek "In a country almost clinically obsessed with sterilization Katz reminds us of the forgotten benefits of living in harmony with our microbial relatives." — Grist

In an era of corporate greed, Bob Moore's philosophy of putting people before profit is a shining example of what's right about America. Instead of selling out to numerous bidders who would have made him a very wealthy man, the founder of Bob's Red Mill Natural Foods gave the \$100 million company to his employees. Bob Moore's gift on February 15, 2010 (his eighty-first birthday), gave hope to an American workforce rocked by a decade of CEOs behaving badly. The national media heralded the announcement as the "feel good story of the recession." It was an example of a return to ethics in the workplace, but as the legions of fans of Bob's whole grain natural products would argue, ethics and a sense of corporate responsibility didn't "return" to Bob's Red Mill, they never left. Most 60-year-old men who saw their business destroyed in an arson fire might have quit or faded away into retirement. Not Bob. After his wooden flour mill burned to the ground in 1988, he considered the seventeen employees who counted on him for their livelihood, and started over. He rebuilt, and flourished. He grew the company to become the nation's leading manufacturer of whole grain natural foods. Bob's is an amazing story of overcoming challenges and making great comebacks. His wife, Charlee, was the inspiration to feed the family healthy natural foods, but it was a divine appointment with a random library book titled John Goffe's Mill that began Bob's love affair with the ancient art of milling, using stone wheels to slowly grind grains into nutritious whole wheat flours, cereals, and mixes. His unconventional thinking and passion for healthy living is an inspirational story for readers of all ages.

For leaders at work, at home, and in our communities—an essential guide to nature-based leadership

*inspired by the wisdom of indigenous teachings and horses. Is there a common element to the challenges and crises of our modern age? If so, it must be disconnection—from each other, our planet, and the sense that our lives have purpose and meaning. Where can we turn for answers? In **Flying Lead Change**, leadership teacher Kelly Wendorf offers a new approach to leading and living inspired by two profound sources of ancient wisdom: original peoples and Equus (the horse), grounded in evidence-based principles of neuroscience. In her groundbreaking EQUUS training program, Wendorf teaches a way of leadership modeled on a 56 million-year-old system of the horse herd—a path that has allowed humans and horses alike to survive the kinds of global and societal threats we now face, such as climate change and mass extinction. Here she takes you step by step through this powerful approach, including:*

- *Listening—the starting point for all leadership, in which we suspend our biases and preferences*
- *Care—explore the ancient, indigenous understanding of care that is reciprocal, empathic, and beneficial to all*
- *Presence—meeting the here and now with vulnerability, openness, and a stable foundation*
- *Safety—how a masterful leader creates a sense of group resilience and strength by “leading from behind” for the welfare of all*
- *Connection—ways to move away from coercion and force to promote genuine communication and belonging*
- *Peace—creating group harmony right now through the surprising concepts of “congruence” and “tempo”*
- *Freedom—returning to our wild nature that is inherently free, unbridled, and unbroken*
- *Joy—moving beyond temporary happiness to a state of wholehearted engagement of life, whatever the circumstances*

In horsemanship, a “flying lead change” allows a running horse to respond with breathtaking grace to changing conditions. “Collectively, we need a similar physics-defying maneuver,” Wendorf writes. “This book is for the called—thought leaders, visionaries, parents, creatives, and all those who sense we are being asked to participate in humanity’s ‘flying change’ through the way we live, love, and lead.”

Molto Gusto

Foolproof Preserving

The Bar Book

Eating for Pleasure, People & Planet

The Craft of Stone Brewing Co

The Big Book of Kombucha

Great Recipes and Why They Work: A Cookbook

Life at Full Draw

The complete guide to kombucha—the wildly popular probiotic tea. Kombucha is lauded worldwide by healers, athletes, yogis, and other health-conscious souls, and is now going mainstream. Kombucha, a fermented tea beverage, has many cleansing, healing, and detoxifying effects. Eric and Jessica Childs, founders of Kombucha Brooklyn and experts on the wonders of kombucha, share their knowledge in this complete guide to kombucha. In addition to the science and culture of ‘buch, Kombucha! includes recipes and reveals inventive uses for the beverage in cooking, cocktails, and beauty products, tapping the benefits of probiotics for radiant rejuvenation.

A modern take on a beloved tradition The Canning Kitchen blends the traditions of home preserving with the tastes of the modern home cook with 101 simple, small batch recipes and vivid photography. Fill jars with canning classics such as Strawberry Rhubarb Jam and Crunchy Dill Pickles, and discover new classics like Salted Caramel Pear Butter, Bing Cherry Barbecue Sauce, and Sweet Thai Chili Chutney. With fresh ideas for every season, you’ll want to keep your canning pot handy year-round to make delicious jams, jellies, marmalades, pickles, relishes, chutneys, sweet and savory sauces, and jars of homemade pantry favourites. In addition to year-round recipes, The Canning Kitchen includes all the basics you’ll need to get started. Boost your canning confidence with straight-forward answers to common preserving questions and find out about the canning tools you need, many of which you may already have in your kitchen. Get tips on choosing seasonal ingredients and fresh ideas on how to enjoy your beautiful preserves. Use the step-by-step checklist to safely preserve each delicious batch, leaving you with just enough jars to enjoy at home plus a little extra for sharing.

The age-old practice of food fermentation is enjoying a well-earned renaissance. As knowledge around the importance of our gut microbiota has grown, so too has the evidence that fermented foods can help support a healthy gastrointestinal tract, boost the immune system and even improve mood. This is due to both the probiotic microbes they contain, and the enhanced nutritional value of fermented foods themselves. In this comprehensive guide, fermentation specialist Caroline Gilmartin delves into the processes and mechanisms involved in both wild and cultured fermentation, examining the microbes involved, parameters for optimal fermentation and what happens if you alter them. Topics covered include the importance of the microbiota; gut health; milk and water kefir; yoghurt; kombucha; vegetable fermentations; appetizing recipes; suggested flavour combinations and finally, safety measures and troubleshooting.

Want a healthy gut? Then brew and drink your own naturally fermented kombucha – it is packed full of probiotics and is thought to improve digestion and boost the immune system. Louise Avery is one of London’s best-connected kombucha producers and the owner of LA Brewery. Here she reveals her tried-and-tested recipes that use the freshest produce to create truly delicious fermented teas. Starting with an explanation of exactly what kombucha is, Louise then offers information on the types of tea you can use to flavour your kombucha, the health benefits of drinking it and the essential equipment you will need to brew your own. Next, she presents a step-by-step process for brewing kombucha, bottling and storing and controlling the yeast. Recipes are then organized by type of base: Fruit, with recipes for Blood Orangeade, Pear and Ginger Tea; Vegetable, including Striped Candy Beetroot and Lime, and a Virgin Mary. Flower has ideas for Hibiscus Kombucha and a Hoppy Pale Ale, while Herb, Spice and Tea is where things heat up with Lemongrass Tea and two Turmeric Immune Boosters as well as Jasmine Kombucha and a Lychee Basil Mojito.

Super Nutrition for Babies, Revised Edition

Healthy recipes for naturally fermented tea drinks
The Best Way to Nourish Your Baby from Birth to 24 Months

Fermented Vegetables
How to Craft Probiotic and Fermented Drinks
A Guide to Small Batch Jams, Jellies, Pickles, Condiments & More
The Extreme Skiing Life

***2021 Readable Feast Awards, Honorable Mention** 125 mouthwatering recipes featuring CBD, hemp, and THC from organic farmers, award-winning chefs, artisans, and food producers across the country. More than a cookbook, *The Art of Cooking with Cannabis* is a valuable resource for new inspiration and excitement surrounding cannabis, food, and responsible consumption. Tracey Medeiros introduces the reader to dozens of organic farmers, award-winning chefs, artisans, and food producers who are leading the green revolution by doing their part to demystify cannabis and its culinary use. Individual profiles contain stories from the book's contributors who come from rural and suburban communities and bustling cities across this nation. These folks have generously shared their personal struggles and successes which have led them to understand the many health and wellness benefits of the cannabis plant and its important role in society. From chemistry to culinary, the book contains 125 mouthwatering recipes, such as: Chicken Kale Meatballs with Cherry Tomato and Pesto Sauces from Chef Jordan Wagman Avocado Mash with Nori and Cucumber from Chef Michael Magliano CBD-Infused Vegan Gluten-Free Miso Broth from Jessica Catalano THC- and CBD-Infused Smoked Cheddar with Green Chili Stone-Ground Grits from Chef Kevin Grossi Sh'mac and Cheese from Carly Fisher Vegan No-Bake Cashew Cheese Cake from Chef Maria Hines Simple and beautifully presented spirit-free and spirit cocktails such as "The 700 Club" and "Rebellious" are also featured in the cookbook from contributors including Entente Chicago and Prank Bar. Recipes are divided into three categories—CBD, Hemp, and THC—each adapted to meet the reader's cooking and tolerance levels. Insightful sidebars offer informative tips and "how-to" guidance, helping the cook to use cannabis with ease and confidence.*

*Freshly revised and updated to include incredible full-color photography, *Super Nutrition for Babies, Revised Edition*, features new recipes and the latest nutritional recommendations. Nutrition and proper feeding are critical in a baby's formative first months and years. However, many traditional feeding recommendations and convenience-focused baby foods are created based on convention, rather than fostering optimal health and nutrition for infants. Filled with sugar, preservatives, and chemically-refined ingredients, these conventional baby foods make children vulnerable to illnesses and developmental difficulties now—and later in life. The revised version of *Super Nutrition for Babies* gives parents the latest science-verified nutritional recommendations for feeding their child. Based on the recommendations of nutrition pioneer Dr. Weston A. Price and traditional food principles, *Super Nutrition for Babies, Revised Edition* provides you with information on all aspects of nutrition and feeding, including when to introduce meat in a child's diet, healthier alternatives to dairy and soy, and introducing solid foods. You'll also get a comprehensive tutorial on establishing a regular eating schedule, dealing with picky eating, and the best foods for every age and stage. *Super Nutrition for Babies, Revised Edition* is everything you need to give your baby the best nutrition to minimize illness, improve sleep, and optimize brain development.*

*This guide from the founder of Kombucha Wonder Drink demystifies the process of brewing kombucha at home and offers recipes for using it in infusions, smoothies, cocktails, and more. The Wonder Drink Kombucha—a fizzy, fermented tea-based beverage packed with probiotics, vitamins, and enzymes—has home brewers salivating. And who better to guide you through the brewing process than a tea guru with more than forty years of experience under his belt? Stephen Lee, cofounder of Tazo Tea and Stash Tea, turned his attention to fermented tea and founded Kombucha Wonder Drink in 2001. In *Kombucha Revolution*, Lee reveals the secrets to brewing the perfect batch of kombucha and caring for your very own SCOBY (Symbiotic Culture of Bacteria and Yeast). He also shares his favorite recipes—plus contributions from brewers, bartenders, and chefs like "Kombucha Mamma" Hannah Crum and Wildwood's Dustin Clark—for infusing your brew with fruits, herbs, and spices, and incorporating it into juices, smoothies, sauces, snacks, sweets, and cocktails. With recipes for Lavender-Green Tea Kombucha, Cranberry Bitters Cocktails, Kombucha Vinegar, Green Smoothies, Kombucha Lime Ceviche, and Kombucha Pear Sorbet, mixing this healthful brew into your everyday lifestyle has never been so revolutionary.*

*The country's leading expert on organic food delivers the ultimate guide to the new culinary health movement—feasting on fermented probiotics, from artisanal cheese to kimchi. In his extensive career as a bestselling cookbook author and TV garden-show host, Jeff Cox has always been keenly aware of the microbiology that helps his garden flourish. He has long known that microbes keep our bodies healthy as they ferment food, releasing their nutritional power and creating essential vitamins and enzymes. In *The Essential Book of Fermentation*, Cox shares a bounty of recipes for nourishing the internal "garden." Simplifying the art and science of fermentation, Cox offers a primer on the body's microbial ecosystem, complemented by scrumptious recipes, and easy-to-follow pickling and canning techniques. Basics such as bread and yogurt help readers progress to wine, cheese, and a host of international delicacies, including kim chi and chow chow. Inspiring and innovative, *The Essential Book of Fermentation* serves up great taste along with great health on every page.*

75 Recipes for Kombucha, Kefir, Ginger Beer, and Other Naturally Fermented Drinks

Unlikely Brotherhood

Canning, Pickling, Fermenting, Dehydrating and Freezing Your Favorite Fresh Produce

How to Craft Fermented Cider, Beer, Wine, Sake, Soda, Mead, Kefir, and Kombucha at Home

Mastering Fermentation

Liquid Lore, Epic Recipes, and Unabashed Arrogance

An In-depth Exploration of Essential Concepts and Processes from Around the World

The Joy of Home Brewing Kombucha

Dramatically improve your health by eating foods filled with dynamic probiotics that supercharge your body! Ordinary foods become powerful health agents in a few easy steps using ancient wisdom and time-tested techniques such as natural fermentation. Author and educator Donna Schwenk tells her compelling story of how she transformed her family's health by creating foods that conquer sicknesses, including diabetes, high blood pressure and IBS. Hundreds of families have attended Donna's seminars and renewed their health, changing their lives forever! After numerous requests from her seminar participants, Donna has provided this compilation of over sixty delicious recipes that were the key to her own success. With her simple step-by-step instructions, you too can learn to make delicious probiotic foods that will create wellness and restore your health. You can enjoy a preview at: www.culturedfoodlife.com or follow Donna on her blog at www.blog.culturedfoodlife.com

Winner of the 2013 James Beard Foundation Book Award for Reference and Scholarship, and a New York Times bestseller, *The Art of Fermentation* is the most comprehensive guide to do-it-yourself home fermentation ever published. Sandor Katz presents the concepts and processes behind fermentation in ways that are simple enough to guide a reader through their first experience making sauerkraut or yogurt, and in-depth enough to provide greater understanding and insight for experienced practitioners. While Katz expertly contextualizes fermentation in terms of biological and cultural evolution, health and nutrition, and even economics, this is primarily a compendium of practical information—how the processes work; parameters for safety; techniques for effective preservation; troubleshooting; and more. With two-color illustrations and extended resources, this book provides

essential wisdom for cooks, homesteaders, farmers, gleaners, foragers, and food lovers of any kind who want to develop a deeper understanding and appreciation for arguably the oldest form of food preservation, and part of the roots of culture itself. Readers will find detailed information on fermenting vegetables; sugars into alcohol (meads, wines, and ciders); sour tonic beverages; milk; grains and starchy tubers; beers (and other grain-based alcoholic beverages); beans; seeds; nuts; fish; meat; and eggs, as well as growing mold cultures, using fermentation in agriculture, art, and energy production, and considerations for commercial enterprises. Sandor Katz has introduced what will undoubtedly remain a classic in food literature, and is the first--and only--of its kind. This accessible home-brew guide for alcoholic and non-alcoholic fermented drinks, from Apartment Therapy: The Kitchen's Emma Christensen, offers a wide range of simple yet enticing recipes for Root Beer, Honey Green Tea Kombucha, Pear Cider, Gluten-Free Sorghum Ale, Blueberry-Lavender Mead, Gin Sake, Plum Wine, and more. You can make naturally fermented sodas, tend batches of kombucha, and brew your own beer in the smallest apartment kitchen with little more equipment than a soup pot, a plastic bucket, and a long-handled spoon. All you need is the know-how. That's where Emma Christensen comes in, distilling a wide variety of projects—from mead to kefir to sake—to their simplest forms, making the process fun and accessible for homebrewers. All fifty-plus recipes in True Brews stem from the same basic techniques and core equipment, so it's easy for you to experiment with your favorite flavors and add-ins once you grasp the fundamentals. Covering a tantalizing range of recipes, including Coconut Water Kefir, Root Beer, Honey-Green Tea Kombucha, Pear Cider, Gluten-Free Pale Ale, Chai-Spiced Mead, Cloudy Cherry Sake, and Plum Wine, these fresh beverages make impressive homemade offerings for hostess gifts, happy hours, and thirsty friends alike.

Alex Talbot and Aki Kamoza, husband-and-wife chefs and the forces behind the popular blog Ideas in Food, have made a living out of being inquisitive in the kitchen. Their book shares the knowledge they have gleaned from numerous cooking adventures, from why tapioca flour makes a silkier chocolate pudding than the traditional cornstarch or flour to how to cold smoke just about any ingredient you can think of to impart a new savory dimension to everyday dishes. Perfect for anyone who loves food, Ideas in Food is the ideal handbook for unleashing creativity, intensifying flavors, and pushing one's cooking to new heights. This guide, which includes 100 recipes, explores questions both simple and complex to find the best way to make food as delicious as possible. For home cooks, Aki and Alex look at everyday ingredients and techniques in new ways—from toasting dried pasta to lend a deeper, richer taste to a simple weeknight dinner to making quick "micro stocks" or even using water to intensify the flavor of soups instead of turning to long-simmered stocks. In the book's second part, Aki and Alex explore topics, such as working with liquid nitrogen and carbon dioxide—techniques that are geared towards professional cooks but interesting and instructive for passionate foodies as well. With primers and detailed usage guides for the pantry staples of molecular gastronomy, such as transglutaminase and hydrocolloids (from xanthan gum to gellan), Ideas in Food informs readers how these ingredients can transform food in miraculous ways when used properly. Throughout, Aki and Alex show how to apply their findings in unique and appealing recipes such as Potato Chip Pasta, Root Beer-Braised Short Ribs, and Gingerbread Soufflé. With Ideas in Food, anyone curious about food will find revelatory information, surprising techniques, and helpful tools for cooking more cleverly and creatively at home.

The Magic Teaspoon

The Amazing Probiotic Tea that Cleanses, Heals, Energizes, and Detoxifies

Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen

Fermented Foods

Over 200 Tantalizing Recipes, Plus Plenty of Kitchen Wisdom for Beginners and Experienced Cooks

Easy Italian Cooking

The Inspiring Story of the Founder of Bob's Red Mill

People Before Profit

Provides a collection of recipes prepared without animal products, including spaghetti with artichoke-pistachio pesto, bulgur and red lentil pilaf with kale and olives, and yellow beet and arugula salad with dried cranberries.

Primitive beers, country wines, herbal meads, natural sodas, and more The art of brewing doesn't stop at the usual ingredients: barley, hops, yeast, and water. In fact, the origins of brewing involve a whole galaxy of wild and cultivated plants, fruits, berries, and other natural materials, which were once used to make a whole spectrum of creative, fermented drinks. Now fermentation fans and home brewers can rediscover these "primitive" drinks and their unique flavors in The Wildcrafting Brewer. Wild-plant expert and forager Pascal Baudar's first book, The New Wildcrafted Cuisine, opened up a whole new world of possibilities for readers wishing to explore and capture the flavors of their local terroir. The Wildcrafting Brewer does the same for fermented drinks. Baudar reveals both the underlying philosophy and the practical techniques for making your own delicious concoctions, from simple wild sodas, to non-grape-based "country wines," to primitive herbal beers, meads, and traditional ethnic ferments like tiswin and kvass. The book opens with a retrospective of plant-based brewing and ancient beers. The author then goes on to describe both hot and cold brewing methods and provides lots of interesting recipes; mugwort beer, horehound beer, and manzanita cider are just a few of the many drinks represented. Baudar is quick to point out that these recipes serve mainly as a touchstone for readers, who can then use the information and techniques he provides to create their own brews, using their own local ingredients. The Wildcrafting Brewer will attract herbalists, foragers, natural-foodies, and chefs alike with the author's playful and relaxed philosophy. Readers will find themselves surprised by how easy making your own natural drinks can be, and will be inspired, again, by the abundance of nature all around them.

The Bar Book — Bartending and mixology for the home cocktail enthusiast Learn the key techniques of bartending and mixology from a master: Written by renowned bartender and cocktail blogger Jeffrey Morgenthaler, The Bar Book is the only technique-driven cocktail handbook out there. This indispensable guide breaks down bartending into essential techniques, and then applies them to building the best drinks. Over 60 of the best drink recipes: The Bar Book contains more than 60 recipes that employ the techniques you will learn in this bartending book. Each technique is illustrated with how-to photography to provide inspiration and guidance.

Bartending and mixology techniques include the best practices for: Juicing Garnishing Carbonating Stirring and shaking Choosing the correct ice for proper chilling and dilution of a drink And, much more If you found PTD Cocktail Book, 12 Bottle Bar, The Joy of Mixology, Death and Co., and Liquid Intelligence to be helpful among bartending books, you will find Jeffrey Morgenthaler's The Bar Book to be an essential bartender book.

Canning perfected the America's Test Kitchen way. The art of preserving produce by canning and preserving has come full circle from grandmother's kitchen to a whole new generation now eager to learn it. This detailed guide to home preserving is perfect for novice canners and experts alike and offers more than 100 foolproof recipes across a wide range of categories, from sweet jams and jellies to savory jams, vegetables, condiments, pickles, whole fruits, and more. Let the experts at America's Test Kitchen show you how to do it right with detailed tutorials, troubleshooting tips, equipment information, and insight into the science behind canning.

A Practical Guide

Kombucha

The Flavor, Nutrition, and Craft of Live-Culture Foods, 2nd Edition

Farm-to-table Recipes for the Traditional Foods Lifestyle : Featuring Bone Broths, Fermented Vegetables, Grass-fed Meats, Wholesome Fats, Raw Dairy, and Kombuchas

Creative Recipes for Fermenting 64 Vegetables & Herbs in Krauts, Kimchis, Brined Pickles, Chutneys, Relishes & Pastes

CBD and THC-Infused Recipes from Across America

Kombucha!

The Noma Guide to Fermentation

Since its inception in 1996, Stone Brewing Co. has been the fastest growing brewery in the country—Beer lovers gravitate to its unique line-up which includes favorites such as Stone IPA and Arrogant Bastard Ale. This insider's guide focuses on the history of Stone Brewing Co., and shares homebrew recipes for many of its celebrated beers including Stone Old Guardian Barley Wine, Stone Smoked Porter, and Stone 12th Anniversary Bitter Chocolate Oatmeal Stout. In addition, it features recipes from the Stone Brewing World Bistro & Gardens like Garlic, Cheddar, and Stone Ruination IPA Soup, BBQ Duck Tacos, and the legendary Arrogant Bastard Ale Onion Rings. With its behind-the-scenes look at one of the leaders of the craft beer scene, The Craft of Stone Brewing Co. will captivate and inspire legions of fans nationwide. Saying "Cheers!" Never Felt Better Fermented foods have taken the world by storm, largely due to their health and real food benefits. They help improve digestion, enable us to better assimilate vitamins and minerals, and strengthen the immune system. Of all fermented foods, drinks are some of the most versatile—and tasty! Think kombucha, kefir, and real ginger ale. Many of these items you can buy in the store, but making them at home is simple, economical, and even better for you. With just a few ingredients and materials, you can start brewing your own delicious beverages for your family. Ferment Your Drinks is packed with innovative drink recipes, from healthy homemade sodas to traditional kvass and cider, that you can make in your home kitchen and enjoy all year long! Inside, you'll learn: --Why to ferment your drinks --The history of fermentation and the value of traditional foods --The benefits of fermented drinks to your health --All the basics: the process, the tools, and how to get started --Five-minute recipes for lassis, fermented lemonade, and more --How to use starters to make kombucha, kefir, root beer, wine, and others again and again --Age-old recipes for kvass, switchel, vinegar, and mead --Everything you need to know about why the recipes work, why they are safe, what to do if they go wrong, and how to modify them to suit your taste Raise a glass to good health with Ferment Your Drinks! New York Times Bestseller A New York Times Best Cookbook of Fall 2018? "An indispensable manual for home cooks and pro chefs." —Wired At Noma—four times named the world's best restaurant—every dish includes some form of fermentation, whether it's a bright hit of vinegar, a deeply savory miso, an electrifying drop of garum, or the sweet intensity of black garlic. Fermentation is one of the foundations behind Noma's extraordinary flavor profiles. Now René Redzepi, chef and co-owner of Noma, and David Zilber, the chef who runs the restaurant's acclaimed fermentation lab, share never-before-revealed techniques to creating Noma's extensive pantry of ferments. And they do so with a book conceived specifically to share their knowledge and techniques with home cooks. With more than 500 step-by-step photographs and illustrations, and with every recipe approachably written and meticulously tested, The Noma Guide to Fermentation takes readers far beyond the typical kimchi and sauerkraut to include koji, kombuchas, shoyus, misos, lacto-ferments, vinegars, garums, and black fruits and vegetables. And—perhaps even more important—it shows how to use these game-changing pantry ingredients in more than 100 original recipes. Fermentation is already building as the most significant new direction in food (and health). With The Noma Guide to Fermentation, it's about to be taken to a whole new level.

2016 Silver Nautilus Book Award Winner Brew your own kombucha at home! With more than 400 recipes, including 268 unique flavor combinations, you can get exactly the taste you want — for a fraction of the store-bought price. This complete guide, from the proprietors of Kombucha Kamp, shows you how to do it from start to finish, with illustrated step-by-step instructions and troubleshooting tips. The book also includes information on the many health benefits of kombucha, fascinating details of the drink's history, and recipes for delicious foods and drinks you can make with kombucha (including some irresistible cocktails!). "This is the one go-to resource for all things kombucha." — Andrew Zimmern, James Beard Award-winning author and host of Travel Channel's Bizarre Foods

The Healthy Probiotic Diet

True Brews

Kombucha, Kefir, and Beyond

Creating Unique Drinks and Boozy Concoctions from Nature's Ingredients

75 Recipes for Homemade Brews, Fixers, Elixirs, and Mixers

The Essential Book of Fermentation