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Alex Lewin empowers you with the tools, techniques, instructions, and delicious recipes to make all fermented foods at home in this essential book for your culinary

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The book, Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen, is page after page of beautiful, full color photographs

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Real food fermentation : a must for the kitchen

Lewin knows that the true understanding of fermentation as a way to preserve food has been largely lost in modern America, and that most folks equate it with spoiled

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Alex lewin

About Alex Lewin : My Real Food Fermentation, and healthy food supply chains throughout the world is for each of us to demand real food,

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