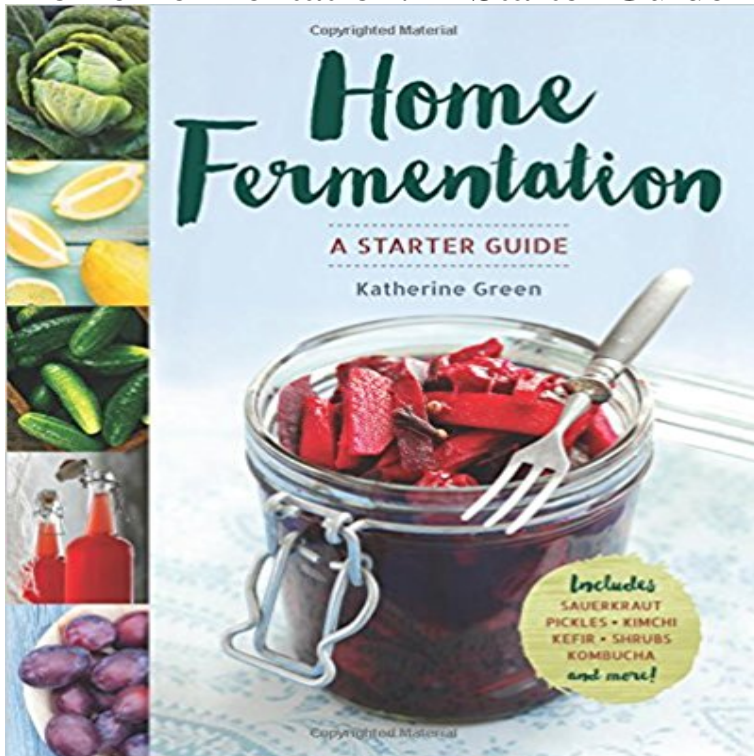


Home Fermentation: A Starter Guide



Your No-Fuss Beginners Guide to Preparing Fermented Foods Get the most from your meals with probiotic-packed fermented foods like sauerkraut, kimchi, kombucha, and kefir.

With Home Fermentation, you'll prepare these popular ferments in your own kitchen?no fancy equipment or expensive ingredients required. Your practical primer to fermenting foods, Home Fermentation takes you step-by-step through the process of fermenting a wide variety of foods, from vegetables and fruits to dairy, condiments, and beverages.

Discover how easy and fun fermentation can be, with: Detailed, step-by-step color illustrations Shopping, troubleshooting, and prep tips

An in-depth look at the health benefits of fermented foods 100+ simple and creative fermenting recipes, including Sourdough Pizza Dough, Ginger-Pear Kombucha, and more! Jumpstart your kitchen hobby toward mastering fermentation-friendly recipes.

NEWAGEOFTRUTH There's been too many lies and not enough truth stay updated via rss MY NEW PLAYLIST Why are some looking forward to the end of days? Posted: July 26, 2016 in Cheating, Education, Evil, Politics, Religion, Social Issues Tags: Armageddon, bible, Christianity, Conspiracy theory, Prophecy, Y2K 0 end of days Some temptations are just too good to pass up. My curiosity got the best of me the other day and I gave in by watching one of those "End of the World" conspiracies videos. This time around the date is set for July 29, 2016. So in three days the biblical prophecies will come true and we will be swallowed up by hell fire while the others who are "saved" will rejoice in the heavens.

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