

[PDF] Real Food Fermentation: Preserving Whole Fresh Food With Live Cultures In Your Home Kitchen

Alex Lewin - pdf download free book



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Description:

About the Author Alex Lewin, a graduate of Harvard, the Cambridge School of Culinary Arts, and the Institute for Integrative Nutrition, seeks to create a healthier and tastier world by spreading the

word about fermentation and real food. He teaches fermentation classes and workshops and serves on the board of the Boston Public Market Association, working to create a year-round indoor market selling local food. He lives in Boston and San Francisco. To learn more about this book, visit RealFoodFermentation.com.

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