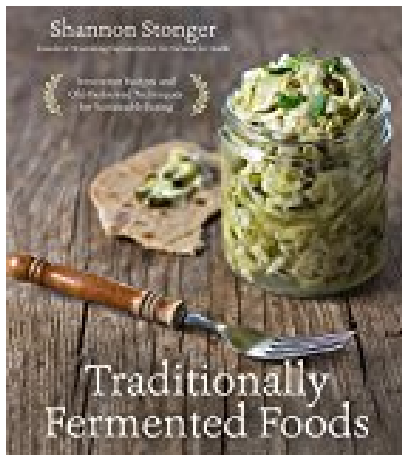


# Traditionally Fermented Foods Innovative Recipes and Old-Fashioned Techniques for Sustainable Eating

---



## BOOK DETAILS

- Author : Shannon Stonger
- Pages : 224 Pages
- Publisher : Page Street Publishing
- Language : English
- ISBN : 162414330X

[↓ DOWNLOAD](#)

## BOOK SYNOPSIS

Harnessing traditions from previous generations to preserve food is not only a passion for Shannon Stonger, but a way of life. Shannon walked away from a career in chemistry to raise her family. Shortly thereafter, her and her husband moved their family off the grid to discover a more simple, agrarian life. With only minimal solar-powered electricity, Shannon relies on practical food preservation techniques, such as fermentation, to provide nutritious food for her family while cutting food costs. In *Traditionally Fermented Foods*, Shannon shows readers how to preserve food using traditional fermentation techniques, often without refrigeration. An alternative to canning and freezing, traditionally fermented foods do not require modern technology to preserve. You can learn Shannon's authentic preservation technique, which she depends on daily to put food on the table, so you know they work. You can also learn how fermented foods work, how to make fermented foods and how to use fermented foods in recipes. This book contains over 80 recipes with corresponding photos.

**TRADITIONALLY FERMENTED FOODS INNOVATIVE RECIPES AND OLD-FASHIONED TECHNIQUES FOR SUSTAINABLE EATING** - Are you looking for Ebook *Traditionally Fermented Foods Innovative Recipes And Old-Fashioned Techniques For Sustainable Eating*? You will be glad to know that right now *Traditionally Fermented Foods Innovative Recipes And Old-Fashioned Techniques For Sustainable Eating* is available on our online library. With our online resources, you can find *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* or just about any type of ebooks, for any type of product. Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. *Traditionally Fermented Foods Innovative Recipes And Old-Fashioned Techniques For Sustainable Eating* may not make exciting reading, but *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with *Traditionally Fermented Foods Innovative Recipes And Old-Fashioned Techniques For Sustainable Eating* and many other ebooks. We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with *Traditionally Fermented Foods Innovative Recipes And Old-Fashioned Techniques For Sustainable Eating*. To get started finding *Traditionally Fermented Foods Innovative Recipes And Old-Fashioned Techniques For Sustainable Eating*, you are right to find our website which has a comprehensive collection of manuals listed.