



FABULOUS FERMENTATION BIBLIOGRAPHY

Compiled by Maria Hodkins

The Complete Idiot's Guide to Fermentation By Wardeh Harmon

An excellent beginner's guide to home fermentation and a book to keep on your shelf for reference and recipes. She includes many recipes using whey as a "starter" for lactofermentation. Wardeh Harmon teaches online classes in lacto-fermentation and more at <http://www.gnowfglins.com>.

Wild Fermentation by Sandor Ellix Katz

The contemporary "king" of fermentation, Sandor Katz, has written the "manifesto" of modern and ancient fermentation in this book, with recipes for vegetable, dairy, bread, grains, beverages, and more in this compact book. This is also a great simple reference book for beginning fermenters. Katz ferments with traditional methods using basic salt and intuition, and encourages experimentation and risk-taking. His stories are delightful to read. Sandor's website is <http://www.wildfermentation.com/>.

The Art of Fermentation by Sandor Ellix Katz

Once you get a few basic ferments under your belt, you will probably want this book. It is "the most comprehensive and definitive guide to do-it-yourself home fermentation ever published." Michael Pollan wrote, "...The book has inspired me to do things I've never done before, and probably never would have done if I hadn't read it...he makes you want to try things *just to see what happens.*"

Nourishing Traditions by Sally Fallon

This book is a combination guide to wise food choices, how-to's, and recipes, based on the healthy culinary traditions of our ancestors backed up with scientific research. It is an incredible expose' about food myths and popular diets, as well as government and medical misinformation that has guided all of our popular food choices for decades. Sally has included substantial sections on fermentation. I would recommend this book for everyone's reading list.

Full Moon Feast by Jessica Prentice

Jessica Prentice champions locally grown, humanely raised, nutrient-rich foods and traditional cooking methods. The book follows the thirteen lunar cycles of an agrarian year, and each chapter includes recipes that display the richly satisfying flavors of foods tied to the ancient rhythm of the seasons. The "Snow Moon" chapter is about food preservation with an emphasis on fermentation, and includes recipes. Jessica Prentice is a professional chef, food activist, speaker, and cofounder of Three Stone Hearth, a Community Supported Kitchen in San Francisco. She is also a co-founder of Locavores and the Eat Local Challenge (Locavores.com). This is a beautifully written, lyrical book with a practical approach to eating with the seasons.

Real Food Fermentation by Alex Lewin

Another beginner's guide to home fermentation, written by a chef who teaches fermentation classes and is a board member of the Boston Public Market Association, creating year-round indoor markets selling local food. Some good basic recipes, and great photos with step-by-step preparation directions.

Bacteria for Breakfast: Probiotics for Good Health by Dr. Kelly Dohower Karpa

Written by a pharmacist who is an assistant professor at Pennsylvania State University's College of Medicine, this book is a fascinating exploration into the role of bacteria in our digestive tracts and how probiotics can restore the balance in our digestive systems and treat a variety of health concerns, including allergies, eczema, and inflammatory bowel disease. Karpa's experience when her child had a life-threatening gastrointestinal infection laid the foundation for her later research for this book. Although much of the book is rather technical, the information contained is incredible for those wishing to understand the full potential impact of live, lacto-fermented foods on our health.

Gut and Psychology Syndrome by Dr. Natasha Campbell-McBride M.D., MMedSci (neurology), MMedSci (nutrition)

Gut and Psychology Syndrome (GAP Syndrome or GAPS) is a condition, which establishes a connection between the functions of the digestive system and the brain. Dr. Campbell-McBride runs the Cambridge Nutrition Clinic in the UK. She has specialized in using nutritional approach as a treatment, and has become recognized as one of the world's leading experts in treating children and adults with learning disabilities and other mental disorders, as well as children and adults with digestive and immune disorders. This book covers in detail the functions of the digestive system and of the beneficial microflora in it that keep our bodies healthy. It includes treatment of digestive disorders that fall in the GAPS arena, and a detailed GAPS diet. It contains a wealth of information for anyone who wants to re-establish a healthy gut.

"Not many people know that an adult on average carries 2 kg (4.4 lb.) of bacteria in the gut. There are more cells in that microbial mass than there are cells in an entire human body. It is a highly organised micro-world, where certain species of bacteria have to predominate to keep us healthy physically and mentally. Their role in our health is so monumental, that we simply cannot afford to ignore them."—Dr. N. Campbell-McBride

OTHER LINKS

FERMENTATION JARS:

- Paonia Farm & Home Supply is carrying some Italian Borgonovo hermetic jars, suitable for fermentation (check with Linda Link for ordering)
- Fido Jars - <http://www.surlatable.com/product/PRO-476200/Bormioli-Rocco-Fido-Canning-Jars>

GLASS LID WEIGHTS:

- <http://home.beeline-online.net/revrick/FinestFerment.htm>

FERMENTATION WORKSHOP DVD with Sandor Katz:

- <http://www.wildfermentation.com/fermentation-workshop-dvd/>

SAUERKRAUT KIT (Pounding stone and veggie pressing tool):

<http://sauerkrautkit.com/products/>

SOME INSPIRING FERMENTATION BLOGS, WEBSITES, & RESOURCES

BBC RADIO BROADCAST - April 16, 2012 "The Fermentation Revival"

Since ancient times humans have harnessed the power of microbes to preserve food and enhance its flavours. Rich and complex food cultures have developed that use this power in a process called fermentation - making pickles, breads, wines and much, much more.

Sheila Dillon joins Sandor Katz - author and 'fermentation revivalist' - to find out more about the wonders of fermentation as well as our very relationship with these microbes.

- <http://www.bbc.co.uk/programmes/b01g4ks7>

BLOGS

- <http://nourishedkitchen.com/category/course/fermented-cultured-foods/>
- <http://www.culturedfoodlife.com/>
- <http://www.greenmedinfo.com/blog/amazing-healing-properties-fermented-foods>
- <http://gnowfglins.com/>
- <http://fermentationrecipes.com/>

WEBSITES

- <http://www.westonaprice.org/>
- <http://www.gemcultures.com/index.htm>
- <http://farmhouseculture.com/flavors/>