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Making Sauerkraut and Pickled Vegetables at Home: Creative Recipes for Lactic-Fermented Food to Improve Your Health

By Klaus Kaufmann, Annelies Schoneck

Book Publishing Company. Paperback / softback. Book Condition: new. BRAND NEW, Making Sauerkraut and Pickled Vegetables at Home: Creative Recipes for Lactic-Fermented Food to Improve Your Health, Klaus Kaufmann, Annelies Schoneck, We all know that a diet of fresh, organically grown fruits and vegetables, eaten in season, is a foundation for good health. But other foods, preserved through traditional methods, also have a role to play. Homemade sauerkraut, pickles, and other lactic acid-fermented foods are superior to their store-bought equivalents, both in flavor and healing properties. With this book, discover the simple remedies and healing agents found in these traditional foods. Step-by-step recipes guide the modern reader through centuries-old methods.



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