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## Wild Fermentation A Do-It-Yourself Guide to Cultural Manipulation DIY

By Sandor Ellix Katz

Microcosm Publishing. Paperback. Book Condition: New. Paperback. 64 pages. Dimensions: 6.8in. x 5.4in. x 0.1in. A very literal guide, A DIY Guide to Cultural Manipulation is a great resource for learning to use the microbes around you. Wanna learn how to make your own sourdough Miso Injera (Ethiopian sourdough) bread!!! Its in this handy dandy and super resourceful guide for fermenting in the comfort of your own home. Yummy home made sour cream! Buttermilk! Cheese and tempeh!!! Double and triple wow your friends and family with the helpful directions on how to ferment your own kimchi and other tasty, briny treats. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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