



FERMENTATION FOR BEGINNERS: Your Complete Step by Step Guide to Fermenting for Sustainable Living! (Fermentation for beginners, Preserving and Canning, Sustainability, Low Budget)

Susan Green

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This book will take you to a better way of eating and living.

This guide will bring you all the basic things you need to know about fermentation, and how you can actually do it at home. It is filled with practical information that can surely help you preparing fermented foods with much ease and convenience.

Fermentation is both science and art - this book will show you how you can go about the process without the mess, hassle and confusion. Learn how you can come up with healthy and probiotic foods with longer shelf lives with the aid of this handy guide.

Inside this Fermentation for Beginners book:

Much, much more!

A Very Useful Fermentation Book: Simple, Detailed and Ideal For Those Wants to Make a Huge Change.

Learn how you can live healthier and better by fermenting your food. Download your copy now!

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