

Cultured Food *in a Jar*

Author of
Cultured Food for Health
and *Cultured Food for Life*

**DONNA
SCHWENK**

100+
Probiotic
Recipes to
Inspire and
Change
Your Life



Donna Schwenk

Cultured Food in a Jar: 100+ Probiotic Recipes to Inspire and Change Your Life



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This book is ten stars ? This is one of the best book for a relatively new ,meaning under a year , one who is into fermenting. Five Stars I am making so many delicious recipes! This is Donna Schwenk's finest work. It really is gorgeous and well laid out, and I personally am thinking about gifts using this reserve for my fermenting friends. I've already used my yellow highlighter in order to see quickly items that haven't been obvious if you ask me and now are. Love, love Love, love, LOVE Donna's books and quality recipes. It is the best of the Cultured Meals industry You need to read this book. Plenty of great information This is a good addition to my fermenting library. An absolute must have publication(s). My purpose in buying it was to increase my fermenting beyond sauerkraut. There's no better method to get involved in cultured foods than with Donna Schwenk! I wouldn't hesitate to provide this book a ten. I right now make the citrus kraut constantly. The recipes have become creative with vibrant and tempting photos of the completed products. I recommend all of them. Cultured foods truly are existence changing. My husband's high, uncontrolled, blood circulation pressure came down when consuming kefir twice a time. Yuck! I was unaware that the cultures shouldn't be kept near one another (4-6 feet apart or better) so my original cultures became cross contaminated and died. THAT is why we really noticed a difference. I would recommend Donn's books and site for all the latest recipes and greatest tips. Very informative Nice book but want the quality recipes were more down to earth with simple substances. I hate needing to Google products in a recipe - that means, to me, that I won't be making it soon. Great motivator Wonderfully illustrated and easy relaxed personal writing style. Great launch to the world of fermenting and provided me the confidence to get started safely and test out how to increase the amount of probiotics my family gets on a constant basis. Highly recommend. She's accomplished the path and made it simple on her behalf readers. I really like it. It is the best of the Cultured Meals industry. Another great book by this author I really like everything Donna Schwenk creates. My whole family is loving it! If you don't need that simply skip it. Available Recipes for Beginners! The recipes in this book are creative and at your fingertips for the cultured food novice! The photos are also beautiful to look at. This makes an excellent coffee table book in addition to a practical cookbook for the kitchen! Thank you! I look forward to trying brand-new ferments and Donna is an excellent resource I've found.! She has over 16 years of culturing behind her, and seems very gifted at putting factors together that truly taste wonderful!! Check out most of Donna's books!!! LOVE! Conveniently explains everything and offers so much value information! I LOVE this publication! Can't wait to try all of the recipes! It is like sitting with her and getting questions answered quickly. I have found so many quality recipes I want to use in this book just like I did so in her first one. Filled with quick and simple to make dishes fir delectably delicious cultured foods and drinks! Most people that talk about cultured foods, are newbies, Go for the best! All of the Beginner's Stuff is here now The recipes are excellent for a skilled fermenter however the fundamental set up is here now too. Simple recipes. Her area for kefir is so clear. We provide this books as presents to those we like! There is currently no other person who is writing about cultured foods that really knows how beneficial they are. A book everyone needs if they want to gain and keep maintaining health in simple ways, with Kefir, kombucha and cultured vegetables! We will have cultured foods in the refrigerator to maintain us healthier. I bought one for a pal too! Cultured food Easy to read. Great ideas. Well come up with! Healthy stuff here. What I've read up to now is great. Five Stars I would not need ordered this book had I know it includes advertizements for 'oracle and card readings'. Our joint pains were lessened and our stomachs didn't have issues.



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