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“The one go-to resource for all things kombucha.”
— ANDREW ZIMMERN,
award-winning television
host, chef, and author

THE BIG BOOK OF KOMBUCHA

Brewing, Flavoring,
and Enjoying the Health Benefits of
Fermented Tea

Hannah Crum & Alex LaGory OF KOMBUCHA CAMP
Foreword by Sandra Elix Katz

Hannah Crum

The Big Book of Kombucha: Brewing, Flavoring, and Enjoying the Health Benefits of Fermented Tea



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2016 Silver Nautilus Book Award Winner Brew your own kombucha at home! With an increase of than 400 recipes, including 268 unique taste combinations, you will get exactly the taste you need – for a fraction of the store-bought cost. This is actually the one go-to resource for everything kombucha. Andrew Zimmern, James Beard Award–s history, and quality recipes for delicious foods and drinks you may make with kombucha (including some irresistible cocktails!).s Bizarre Foods This comprehensive information, from the proprietors of Kombucha Kamp, demonstrates how to accomplish it from start to end, with illustrated step-by-step instructions and troubleshooting suggestions.” – The publication also contains information on the many health benefits of kombucha, fascinating information on the drink’winning writer and web host of Travel Channel’ “



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Hands down the best guide to Kombucha We've read. I have my second batch about ready to bottle. Packed filled with tips, recipes, ideas! You will end up a specialist on Kombucha after reading it. I've ordered 3 times and every time I received shipment notifications within HOURS of placing my orders and my orders arrived within a couple of days. and have become more adventurous trying brand-new flavors, combinations and secondary fermentation. We own a couple of different books but up to now it has been the without doubt favorite. This is a good reserve in particular for those not used to brewing and consists of everything from the history of this delicious elixir, to brewing substances, tips, flavoring and making use of your Kombucha in cooking. POSSIBLY THE definitive Kombucha book Ok, therefore i haven't read any additional books about them. Simply google and you may find it easy. The publication answers questions you didn't know you'd, in a lighthearted and entertaining way. I found it well crafted and a good read - and I could identify with this more (for example attempting it at a celebration and off the shelf at Entire Foods) than the folks that found it in some mysterious section of the globe! It sounded nearly the same as my initiation into the globe of Kombucha and the fact that it was relatable made me just like the authors a whole lot more! This book was recommended by way of a handful of people when I started producing kombucha and I am so glad I listened! That is accompanied by an in-depth conversation around kombucha, the Scoby, and ingredients / supplies which are instrumental in the Kombucha producing process. First tastes I did were strawberry lemonade, blueberry lemonade and cherry lemonade. Thank you authors for this; If you love Kombucha and are getting tired of paying \$3-6 a bottle for the retail brands, choose copy of Hannah and Alex's book and get brewing at home. The Scoby guide is without doubt the best I've read / seen. Scobys could be rather ominous in appearance and I cannot let you know the number of times I've peered into my jar trying to determine if it's healthful or if the weird patch of color / consistency is mold (up to now it hasn't happened); I was especially impressed with the full color photographs of standard brews (taken of very clear glass jars to show the yeast strands, fermentation procedure and different colors of healthful and harmful SCOBY's). I especially loved the comprehensive guideline to the health properties with personal stories included into this; It tells you everything you need to know and then some! The tea guide was also extremely detailed and useful - talking about types of blends you should and really should not use, and acceptable quantities before they become an excessive amount of for the balanced of the Kombucha, The glucose guide was equally as useful; further reading manuals and a brew log, which is very helpful for new brewers. This is then followed by the meat of this book – how exactly to brew, best procedures and different methods you can use. For me personally the advanced guidebook was so useful - how to flavor, once we are currently experimenting with secondary fermentation using cascade hobs, and carbonation, as striking that right stability offers been an admitted problem; and other books have simply not been detailed more than enough, leaving me having to turn to good old Google - this reserve solves that! The rest of the book is a guide to flavors you can experiment with, drinks you can use this in - such as cocktails and shrubs - both of which are without doubt amazing with the help of Kombucha! And other means of cooking / recipes where you might be in a position to incorporate Kombucha. This covers from dressings, dips and cake - to beyond your kitchen; in encounter masks and lotions! From the annals and science of Kombucha to straightforward guidelines on the countless aspects of brewing, decanting and flavoring this healthful fermented tea, Hannah and Alex cram a lot of really useful information into this reserve. The book ends with more of the Kombucha story; but most usefully an extremely detailed guide to components of Kombucha, specific health issues and how the intake of Kombucha will help; as was the equipment guide, as I today know I

should not need utilized that cheesecloth as a cover when in a pinch (allows contaminants to get in your brew). Having today owned about 5 different books on this issue including those simply by Eric Childs and Stephen Lee, this is by far my favorite. It is detailed, comprehensive, and covers all you need to learn and then some. I'd say that is invaluable for brand-new Kombucha brewers and even useful for those who have been brewing a while and need some fresh inspiration. I really like this book! And complete disclosure...yes I am a top reviewer, but no I did not receive it free of charge -I paid completely for this as it was much wanted, and it had been worth every penny! Book is a great instruction manual and GUI. Perfect reserve for beginners brewing. Wow! Fantastic publication with great understanding. I researched kombucha books and examine a large number of reviews on several of them ahead of ordering this one. On first time order my SCOBY. One thing missing from the book is best place to buy it, I found it though. The author grows and offers them. This however meets that requirement. She includes information regarding the annals of kombucha and also advice about which substances work best, step-by-step instructions, troubleshooting, all kinds of quality recipes, how to look after your SCOBY and more. This is detailed and great for those new to brewing. Just bottled 6 and got brand-new brew going. Worth it. Thank you thank you many thanks. Big, Bold & If your new or just stepping up a notch that is a great resource. I purchased my first Kombucha home brew 'starter kit' from her over four years back and also have been happily brewing my own 'booch since. This big (383 page), bold and gorgeous book is full of a wealth of first-hand info on all aspects of Kombucha that Hannah and her partner Alex LaGory have curated over their years of involvement with the Kombucha sub-lifestyle. Few books are this comprehensive or diverse! but the pictures were excellent in detail and levels of helpfulness. It give some history, the process of making kombucha, dishes, troubleshooting if something appears to be going wrong. The second portion of the book offers a huge selection of recipes for flavoring, cocktails, smoothies and more, She even suggests intriguing ways to consume old growth SCOBYs (jerky, face masks etc. I got googled it and it seemed both basic and complicated to me -- based on the resource. I intend to take a close look within my current hit and miss production methods and implement their recommendations to improve things. plus they took the time to add health cautions too rendering it a balanced approach. It might just change your life. Previously I have found the many books go too much one way -such as things to use your Kombucha in, or the various other way -very basic ideas, and do not strike the happy medium that allows the publication to be an all around guide. Go through it in two days. I will not burp them as very much this time. I had under no circumstances brewed kombucha and I was a little nervous about it.) This is actually the book I desire I'd had 4 years ago. This book is ideal for the first timer. It answered all my questions. The author included images of the SCOBY in every stage of the procedure which took a lot of the guess work and worry from it. Without that visual, I might possess assumed my brew was ruined at specific factors. The book is visually beautiful and enjoyable to learn. You may use it as a reference book or you can read the whole thing. I bought it and made my booch w ease. My first batch turned out better than I expected. It wasn't GTs quality but it was still delicious. I would like mine to become a little more powerful and want a bit more fizz. I believe I will be in a position to tweak these issues though. On a aspect note: I ordered my SCOBY and some other items directly from Kombucha Kamp (the author's website). Invaluable for new and experienced brewers. The Big Publication of Kombucha far exceeded my expectations. I was concerned about my bottles exploding during the second ferment (this may sometimes happen), therefore i held burping the bottles and probably killed the fizz. My initial batch was an excellent success and I am today up to 5 Scobys - hence multiple batches on the go at any one period; The SCOBY was big, beautiful

and healthy and the ingredients I ordered were top quality. I love everything concerning this company. Great head to book, This book is a must have for just about any brewer of Booch. We use it often, and I have go through it cover to cover. Beautiful Reserve of 'Booch Hannah Crum changed my entire life.. The Internet is full of incorrect information on how to produce Kombucha) My favorite book So many recipes. Amazing book!!!The book then switches into an all around look at fermentation which was appreciated, as this area of food and beverage is obviously building more momentum of late as the health benefits are realized. and including therefore many detail photographs! There's ample information on troubleshooting everything from mold to poorly performing brews, and also scientific guidelines on brew heat range, acidity, sweetness and suggested tea mixes. Everything. It's an extremely comprehensive publication that I cannot say enough about! Fabulous resource I'd brewed kombucha before, but this reserve not only takes all the guesswork out from the process, in addition, it provides numerous delicious recipes for flavoring your brew.The book begins with a little about the authors and how they began their Kombucha "journey". The ultimate kombucha resource!! Greatest book written on subject material. You cannot get closer to perfection than those who wrote this book. I'm a writer and photographer. I have already been a Kombucha enthusiast for several years and began brewing my own earlier this year - utilizing a kit I purchased online. The publication is under priced in the event that you ask me. Easy to understand Lots of info Good Good Lost it in the fire. It looked like an excellent item, but unfortunately, it burned in the Paradise "camp fire" along with almost all their possessions. (in case you are new, go to her website to learn and watch video's.. but thanks.



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