

WILD FERMENTATION:

A Do-it-yourself Guide to Cultural Manipulation by SANDOR "KRAUT" ELLIX KATZ

The day I first made dilly beans, everything changed. And all because of Sandor Katz.

—AlterNet

"GENIUS! American's are suffering from yucky guts and this book teaches us how to fix 'em ... simple and basic! —Bamboo Family

This book marries food preparation and politics. What this is, gloriously and wonderfully so, is an instruction/cook book that very clearly tells you how to ferment and pickle every famous fermented and pickled food, from kimchi to miso to sauerkraut to capers. And like the fermented beverages that are not covered in this book (other than Ethiopian honey wine) this is intoxicating and addictive! Highly recommended for anyone with curiosity, tastebuds and patience." —Roctober Magazine

A way of connecting their different methods in order to understand why fermentation is a Good Thing, and why there should be more of it. The recipes here are starter ones, broad in scope, easy to do, just to get you going. —Boing Boing

"While you might not be enthusiastic about the smell of or process involved in making your own sauerkraut, there are plenty of options offered in this zine that are sure to tempt your creative culinary hands. After all, it's rewarding to be

able to easily make enjoyable foods from scratch while saving a few dollars in the process. So go ahead and buy or borrow a copy of this zine, and the even more extensive book, and create some delicious food that'll have both your mouth and your digestive system singing a happy tune."

—Epicurvegan

"Katz writes about the transformative power of fermentation with such infectious enthusiasm that he makes you want to try things just to see what happens." —Michael Pollan

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!!!! It's 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.

Sales Handles:

- 1: Author is world's foremost fermentation expert and best selling author.
- 2: Fermentation has hit a newfound spike of interest among foodies.
- 3: Serves as good introduction and companion to *Art of Fermentation*.

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Subjects: Food / Cooking

Price: \$6.95 U.S.

Comparable/Competitive Titles:

Art of Fermentation, Chelsea Green, 2012,

978-1603582865

Nourishing Traditions, Newtrends, 1999,

978-0967089737

Real Food Fermentation, Quarry, 2012,

978-1592537846

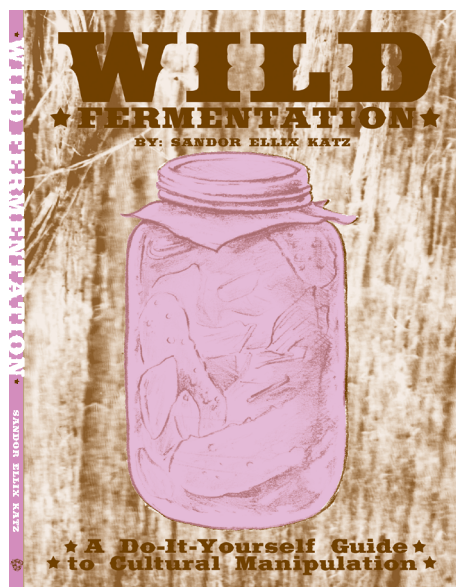
Wild Fermentation, Chelsea Green, 2003,

978-1931498234



Sandy Katz's fermentation fetish grew out of interests in cooking, nutrition and gardening. A former New York City policy wonk, he is now an herbalist, activist, writer, builder, craftsperson, and fermentation expert. He lives in an intentional queer community in Tennessee with AIDS, and considers fermented foods an important part of his healing. He has taught hundreds of fermentation workshops all over the world and is the author of *Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods* (Chelsea Green, 2003), *The Revolution Will Not Be Microwaved* (Chelsea Green, 2006), and *The Art of Fermentation* (2012).

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