

Self-described “fermentation revivalist” Sandor Katz inspired countless thousands to rediscover the ancient art of fermentation with his best-selling book *Wild Fermentation*.

In *The Art of Fermentation* Katz offers the most comprehensive and definitive guide to do-it-yourself home fermentation ever published. Katz presents the history, concepts, and processes behind fermentation in ways simple enough to guide a reader through their first experience making sauerkraut or yogurt, yet in-depth enough to provide greater understanding and insight for experienced *fermentos*.

Readers will find detailed information on fermenting vegetables; meads, wines, and ciders; beers and other grain-based alcoholic beverages; sour tonic beverages; milk; grains and starchy tubers; beans and seeds; fish, meat, and eggs; as well as growing mold cultures and using fermentation in agriculture, art, energy production, and commerce. Katz also provides a compendium of practical information—how the processes work; parameters for safety; techniques for effective preservation; troubleshooting; and more.

Katz has written the first-ever guide of its kind, which will undoubtedly become a foundational book in food literature.

Sandor Ellix Katz is a self-taught fermentation experimentalist. He wrote *Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Food* (Chelsea Green, 2003)—which *Newsweek* called “the fermenting bible”—in order to share the fermentation wisdom he had learned, and demystify home fermentation. Since the book’s publication, Katz has taught hundreds of fermentation workshops across North America and beyond, taking on a role he describes as a “fermentation revivalist.” Now, in *The Art of Fermentation*, with a decade more experience behind him, the unique opportunity to hear countless stories about fermentation practices, and answering thousands of troubleshooting questions, he’s sharing a more in-depth exploration of the topic. Katz is also the author of *The Revolution Will Not Be Microwaved: Inside America’s Underground Food Movements* (Chelsea Green, 2006).