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foods. Most western peoples are
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The Permaculture Book of Ferment and Human Nutrition. Permaculture founder Bill Mollison's 1993 book on fermentation, which was out of print for many years. This was the book that began Sandorkraut's fermentation education, now expanded and revised. Topics covered include: Storing, Preserving and Cooking foods. Fungi, Yeast, Mushrooms and Lichens.

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Nutrition
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Most of this book is about
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to prolong the life of many foods and
to build proteins and vitamins into
starchy low-grade goods. A book
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Articles. Mollison, Bill (15–21 September 1978). "The One-Straw

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Revolution by Masanobu Fukuoka "book review". Nation Review. p. 18.
See also. Peter Andrews; David Holmgren; Albert Bates

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