

Foreword by Sandor Ellix Katz	viii
Preface	x
Author's Note: The Intertwinings of Humans and Microbes	xii
Introduction: Culture and Relationships	1
CHAPTER ONE FERMENTS FOR LIFE	16
CHAPTER TWO PRESERVATION	61
CHAPTER THREE FLAVOR	118
CHAPTER FOUR HEALTH	166
CHAPTER FIVE COMMUNITY	217
CHAPTER SIX THE FUTURE	278
Appendix: Tricks and Tools	318
Bibliography	328
Acknowledgments	350
Metric Conversion Formulas	354
Index	355