



EVERYTHING YOU NEED TO KNOW ABOUT FERMENTATION to start a tasty little revolution in your pantry! Fermenting doesn't have to be complicated or difficult or overwhelming. You don't have to disinfect your entire kitchen or worry about weird things growing in your pantry. Home fermentation is an inexpensive way to prolong the life of your food, multiply its nutritional properties tenfold, awaken your taste buds and liven up every meal. You'll soothe your digestive and nervous systems, revive your immune system and regulate your metabolism. Gather your jars, because the probiotic revolution has begun!

Sébastien Bureau is a food scientist and president of MannaNova. With a background in molecular and plant biology, he started his career as head of Research and Development at RISE Kombucha. When he's not hidden away in his laboratory, he works on sustainable food development with communities and businesses around the world. Often portrayed as hyper-active, David Côté likes to do it all. Between cofounding RISE Kombucha and the organic food chain Crudessence, teaching acroyoga, organizing epic parties and writing six books on living foods, David still managed to find time to build LOOP, a circular economy business that reduces waste by transforming perfectly imperfect fruits and vegetables into cold-pressed juices.

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**Robert
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