



The Big Book of Kombucha: Brewing, Flavoring, and Enjoying the Health Benefits of Fermented Tea

By Hannah Crum, Alex LaGory

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Brew your own kombucha at home! With more than 400 recipes, including 268 unique flavor combinations, you can get exactly the taste you want — for a fraction of the store-bought price. This complete guide, from the proprietors of Kombucha Kamp, shows you how to do it from start to finish, with illustrated step-by-step instructions and troubleshooting tips. The book also includes information on the many health benefits of kombucha, fascinating details of the drink's history, and recipes for delicious foods and drinks you can make with kombucha (including some irresistible cocktails!).

“This is the one go-to resource for all things kombucha.”

— Andrew Zimmern, James Beard Award–winning author and host of Travel Channel's *Bizarre Foods*

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Editorial Review

Review

“Refreshingly easy to read and full of interesting tidbits tucked among all the practical and scientific information. If you've got questions, this has all the answers.”

— Terry Wahls, MD, author of *The Wahls Protocol*

“Equally appropriate for health advocates, tinkerers, and historians. This is a must-have for every homebrewer!”

— Russ Crandall, *New York Times* best-selling author of *Paleo Takeout* and *The Ancestral Table*

“Deep-rooted insight into the history, science, and how-to of this ancient brew ... a critical addition to the bookshelf of anyone interested in good food.”

— Jennifer McGruther, author of *The Nourished Kitchen*

“The definitive guide to all things related to brewing, savoring, and cooking with kombucha. You'll find all your kombucha queries answered.”

— Michelle Tam, *New York Times* best-selling author of *Nom Nom Paleo: Food For Humans*

“An in-depth guide to all things kombucha and an incredibly enjoyable read. I don't keep many cookbooks in my collection but this one will absolutely be a mainstay in my library.”

— Katie from WellnessMama.com

“The comprehensive guide to all things kombucha.”

— *Bon Appétit*

“On top of walking you through the kombucha fermentation process, *The Big Book* also includes a whopping 286 flavor combinations along with the history of the drink, information on health benefits, and much more. So it's your call: keep spending \$4 a bottle on the stuff, or buy a paperback book and a couple gallon jugs and get brewing.”

— *Epicurious*

From the Back Cover

Brew for Health

Kombucha! It's the fermented tea that's fun to say and good to drink, plus it promotes a healthy gut. Expert brewers Hannah Crum and Alex LaGory reveal how easy, inexpensive, and safe it is to make your own delicious kombucha, with instructions for batch and continuous brewing. They share hundreds of flavoring ideas and recipes for using kombucha and SCOBYs. With history, health benefits, and the science behind this ancient beverage, this book is a must-have whether you're a beginner or long-time kombucha lover!

Includes: in-depth brewing techniques, 268 flavor combinations, recipes for cooking with kombucha, plus smoothies, cocktails, and more

About the Author

Hannah Crum and Alex LaGory created Kombucha Kamp (www.kombuchakamp.com) to provide the highest quality brewing supplies, information, and support. Known as “The Kombucha Mamma,” Crum speaks at consumer and corporate events nationwide. LaGory is a writer and producer who, with Crum, mentors homebrewers and serves as commercial brewing consultant. The couple co-founded Kombucha Brewers International in Los Angeles, where they reside.

Users Review

From reader reviews:

Daniel Weimer:

This book untitled The Big Book of Kombucha: Brewing, Flavoring, and Enjoying the Health Benefits of Fermented Tea to be one of several books this best seller in this year, honestly, that is because when you read this publication you can get a lot of benefit on it. You will easily to buy that book in the book store or you can order it via online. The publisher with this book sells the e-book too. It makes you more readily to read this book, as you can read this book in your Mobile phone. So there is no reason to your account to past this e-book from your list.

James Brier:

Often the book The Big Book of Kombucha: Brewing, Flavoring, and Enjoying the Health Benefits of Fermented Tea has a lot info on it. So when you make sure to read this book you can get a lot of advantage. The book was authored by the very famous author. Mcdougal makes some research ahead of write this book. That book very easy to read you will get the point easily after reading this book.

John Harrison:

Playing with family inside a park, coming to see the ocean world or hanging out with close friends is thing that usually you could have done when you have spare time, then why you don't try issue that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love The Big Book of Kombucha: Brewing, Flavoring, and Enjoying the Health Benefits of Fermented Tea, you are able to enjoy both. It is very good combination right, you still desire to miss it? What kind of hang-out type is it? Oh seriously its mind hangout guys. What? Still don't get it, oh come on its named reading friends.

Thomas Busch:

What is your hobby? Have you heard this question when you got pupils? We believe that that query was given by teacher on their students. Many kinds of hobby, All people has different hobby. And also you know that little person such as reading or as looking at become their hobby. You should know that reading is very important and also book as to be the matter. Book is important thing to add you knowledge, except your own teacher or lecturer. You find good news or update regarding something by book. A substantial number of sorts of books that can you choose to adopt be your object. One of them are these claims The Big Book of Kombucha: Brewing, Flavoring, and Enjoying the Health Benefits of Fermented Tea.

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