

## **WILD FERMENTATION**



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This site is maintained by Sandor Ellix Katz, aka Sandorkraut. I have been fermenting since 1993. In order to share the fermentation wisdom I had learned and demystify home fermentation, I wrote a book called Wild Fermentation, published in 2003 by Chelsea Green. Since the book's publication, I have taught hundreds of fermentation workshops across North America and beyond, taking on a role I

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A self-avowed fermentation fetishist, Katz travels around the country giving lectures and demonstrations, spreading the gospel of sauerkraut, dill pickles, and all foods transformed and ennobled by bacteria.

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### **Wild Fermentation A Do It Yourself Guide to Cultural**

Sandor Ellix Katz is a self-taught fermentation experimentalist. He wrote Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods (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

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