



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

By Hannah Crum, Alex LaGory

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**The Big Book of Kombucha: Brewing, Flavoring, and Enjoying the Health Benefits of Fermented Tea** By Hannah Crum, Alex LaGory

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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**By Hannah Crum, Alex LaGory Bibliography**

- Sales Rank: #887 in Books
- Brand: imusti
- Published on: 2016-03-08
- Original language: English
- Number of items: 1
- Dimensions: 8.90" h x .90" w x 8.00" l, .0 pounds
- Binding: Paperback
- 400 pages



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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](http://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:**

#### **Anthony Pippin:**

Book is definitely written, printed, or highlighted for everything. You can understand everything you want by a publication. Book has a different type. As you may know that book is important issue to bring us around the world. Alongside that you can your reading ability was fluently. A publication The Big Book of Kombucha: Brewing, Flavoring, and Enjoying the Health Benefits of Fermented Tea will make you to possibly be smarter. You can feel a lot more confidence if you can know about every little thing. But some of you think that open or reading any book make you bored. It's not make you fun. Why they can be thought like that? Have you seeking best book or suited book with you?

#### **Mark Armstrong:**

Nowadays reading books become more and more than want or need but also be a life style. This reading routine give you lot of advantages. Advantages you got of course the knowledge the particular information inside the book this improve your knowledge and information. The info you get based on what kind of reserve you read, if you want have more knowledge just go with training books but if you want really feel happy read one with theme for entertaining such as comic or novel. The particular The Big Book of Kombucha: Brewing, Flavoring, and Enjoying the Health Benefits of Fermented Tea is kind of publication which is giving the reader erratic experience.

#### **Muriel Colvard:**

A lot of people always spent their own free time to vacation as well as go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity here is look different you can read any book. It is really fun for yourself. If you enjoy the book you read you can spent all day every day to reading a e-book. The book The Big Book of Kombucha: Brewing, Flavoring, and Enjoying the Health Benefits of Fermented Tea it is quite good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. When you did not have enough space to create this book you can buy the actual e-book. You can m0ore quickly to read this book out of your smart phone. The price is not to fund but this book provides high quality.

#### **Roy Matsumoto:**

Your reading sixth sense will not betray you, why because this The Big Book of Kombucha: Brewing,

Flavoring, and Enjoying the Health Benefits of Fermented Tea publication written by well-known writer we are excited for well how to make book that could be understand by anyone who also read the book. Written in good manner for you, dripping every ideas and producing skill only for eliminate your own hunger then you still hesitation The Big Book of Kombucha: Brewing, Flavoring, and Enjoying the Health Benefits of Fermented Tea as good book but not only by the cover but also from the content. This is one e-book that can break don't determine book by its handle, so do you still needing yet another sixth sense to pick that!? Oh come on your studying sixth sense already told you so why you have to listening to another sixth sense.

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