



As we begin to realise the way we live our lives are not sustainable for ourselves, our communities, or our planet I feel us being called back to simpler, more nourishing, and traditional ways of living. Fermenting encompasses all this. It's a way to use up food that may go to waste, to not only preserve it for long periods of time, but to increase its nutritional value and to grow your own probiotics. This in turn supports the health of our digestive, immune, and hormonal systems, as well as improving mood, memory, and energy levels (as well as a whole host of other benefits).



There is slowness, a purposefulness, and a deeper connection to our food, where it comes from and what it does to us that grows as the probiotics on these foods and drinks grow too. As you delve into the World of fermenting you can't help but lose yourself in the possibilities, the experiments, and the all-round benefits. It is my hope that the recipes and other information within the pages of this book awaken your own obsession with the art of fermenting.

Faith is a coach, fermenter, forager, frugalist and a folk medicine practitioner. She believes illness is an ally for wholeness and rather than a thing to be fixed is a symptom of something much deeper out of balance. Fermenting for her is one of the traditional ways she chooses to bring balance back into her and her client's lives.



Healthy Cooking



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The Art of & Obsession with Fermented Foods & Drinks

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