



# 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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### 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

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#### **Janelle Coe:**

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