



# 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**

### **From reader reviews:**

#### **Aaron Covington:**

Book is to be different for each and every grade. Book for children till adult are different content. As we know that book is very important for us. The book The Big Book of Kombucha: Brewing, Flavoring, and Enjoying the Health Benefits of Fermented Tea had been making you to know about other information and of course you can take more information. It is rather advantages for you. The e-book The Big Book of Kombucha: Brewing, Flavoring, and Enjoying the Health Benefits of Fermented Tea is not only giving you considerably more new information but also to get your friend when you really feel bored. You can spend your own spend time to read your e-book. Try to make relationship with all the book The Big Book of Kombucha: Brewing, Flavoring, and Enjoying the Health Benefits of Fermented Tea. You never experience lose out for everything if you read some books.

#### **Stacey Thompson:**

Now a day individuals who Living in the era wherever everything reachable by interact with the internet and the resources within it can be true or not require people to be aware of each info they get. How many people to be smart in acquiring any information nowadays? Of course the correct answer is reading a book. Studying a book can help people out of this uncertainty Information especially this The Big Book of Kombucha: Brewing, Flavoring, and Enjoying the Health Benefits of Fermented Tea book because this book offers you rich information and knowledge. Of course the information in this book hundred % guarantees there is no doubt in it you may already know.

#### **Julio Keith:**

Information is provisions for people to get better life, information nowadays can get by anyone with everywhere. The information can be a knowledge or any news even a huge concern. What people must be consider while those information which is in the former life are difficult to be find than now could be taking seriously which one would work to believe or which one typically the resource are convinced. If you get the unstable resource then you understand it as your main information we will see huge disadvantage for you. All those possibilities will not happen throughout you if you take The Big Book of Kombucha: Brewing, Flavoring, and Enjoying the Health Benefits of Fermented Tea as the daily resource information.

#### **Samantha Smith:**

Playing with family in a park, coming to see the marine world or hanging out with close friends is thing that

usually you have done when you have spare time, subsequently why you don't try point that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. 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 excellent combination right, you still wish to miss it? What kind of hang type is it? Oh can happen its mind hangout people. What? Still don't obtain it, oh come on its known as reading friends.

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