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Ryland, Peters Small Ltd, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. Kombucha is a fermented drink (made using tea, sugar, a simple bacteria and yeast) that is known for its health-giving properties. It is experiencing a resurgence in popularity, along with the trends for home-fermenting, preserving and enjoying 'living foods. Louise Avery began brewing kombucha in 2010 as part of a self-sufficient and healthy lifestyle, living on a Scottish Island in the Hebrides, simply because...

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- Authored by Louise Avery
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