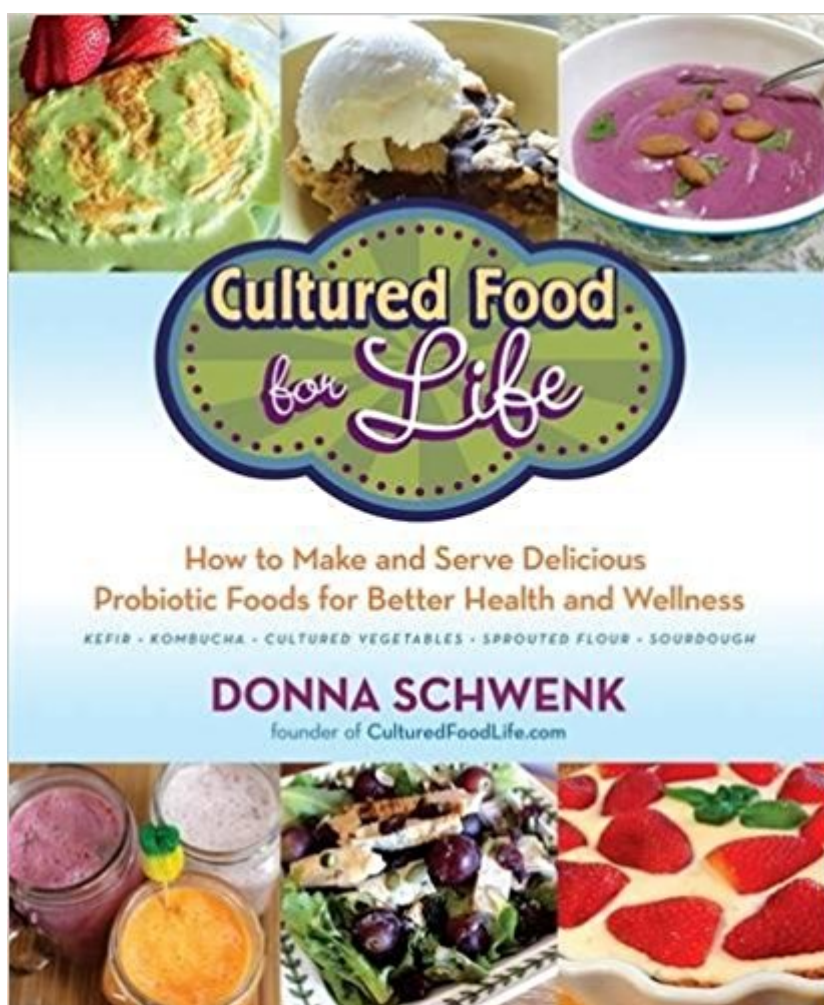


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# Cultured Food For Life: How To Make And Serve Delicious Probiotic Foods For Better Health And Wellness



## Synopsis

Donna Schwenk's world changed when she discovered cultured foods. After a difficult pregnancy and various health problems, she became determined to find answers to what ailed her. And in her quest, she came across the ancient art of home fermentation, a food preparation technique that supercharges everyday foods with beneficial bacteria to balance your digestive system, and vitamins and minerals to enhance your overall health. This simple, natural process has been used for thousands of years to create everything from drinks like kefir and kombucha to foods like kimchi and pickles. After incorporating fermented foods into her life, Donna began to experience a vitality that she had never known. And then she was hooked! She started a new life as a teacher and writer, blogging on her website [culturedfoodlife.com](http://culturedfoodlife.com), in an effort to bring the beautiful world of fermented foods to as many people as possible. She now works with thousands of people to open the door to a world of foods that can help improve an array of health problems including high blood pressure, diabetes, allergies, acne, hypertension, asthma, and irritable bowel syndrome. In *Cultured Food for Life* Donna brings this same information to you and shows you that preparing and eating cultured foods is easy, fun, and delicious! After speaking to the science behind the healing power of probiotic foods and telling the astonishing story of how she healed herself and her family, Schwenk walks you, step by step, through the basic preparation techniques for kefir, kombucha, cultured vegetables, and sprouted flour, plus more than 135 recipes that use these foods to create dishes to please any palate. With recipes like Herbed Omelet with Kefir Hollandaise Sauce, Sprouted Ginger Scones with Peaches and Kefir Cream, Kefir Veggie Sprouted Pizza, Apple Sauerkraut, and Brownie Cupcakes with Kefir Frosting, along with inspirational stories from Donna's family and friends, you'll learn everything you want to know about a diet that's as tasty as it is healthy.

## Book Information

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## Customer Reviews

“Cultured Food for Life is just what the doctor should be ordering! This book is loaded with health wisdom that can change your life!”  
• Christiane Northrup, M.D., ob/gyn physician and author of the New York Times bestsellers *Women’s Bodies*, *Women’s Wisdom* and *The Wisdom of Menopause*  
“Donna Schwenk has taken lacto-fermentation to a whole new level with this attractive and creative book. She provides plenty of new ideas and some old favorites for the alchemy of fermented foods. Cultured Food for Life is a great contribution to the growing movement in natural pickling and healthy, digestible grains.”  
• Sally Fallon Morell, author of *Nourishing Traditions* and president of The Weston A. Price Foundation  
“More and more, the research is clear that the true secret to health, vitality, and weight loss lies in the quality of our intestinal flora. Cultured Food for Life is an invaluable resource for creating that healthy flora in a simple, fun, sustainable, and delicious way. Read the book, follow the suggestions, enjoy the recipes, and watch how you and your family experience energy and a vibrancy you’ve never thought possible.”  
• Jon Gabriel, international best-selling author and creator of *The Gabriel Method*  
“Donna’s passion and experience, along with her easy-to-follow recipes, make this book a must-have for anyone interested in fermented foods.”  
• Stephanie Romine, co-author of *The SparkPeople Cookbook* and *The Spark Solution*

Donna Schwenk is the Kansas City Chapter leader for Weston Price Foundation, a worldwide organization comprised of people dedicated to restoring nutrient dense food to the human diet through education, research, and activism. She teaches classes in the Kansas City area to open people’s eyes to the power of cultured foods, which dramatically changed her health and the health of her family when she began making and eating them in 2002. She is the founder of [www.culturedfoodlife.com](http://www.culturedfoodlife.com).

In the first week I have already fermented the broccoli, red onions and cherry tomatoes. I used the broccoli for a salad and it tasted great, who would have thought it could be fermented. I really like all

the ideas and can't wait to try more. The cherry tomatoes will keep fermented in the fridge for up to a year. We really like to have them in our taco salad and I don't have to worry about them going bad before we use them. I also have a huge jar of fermented garlic that I use in everything! This was a great book to go along with the re Cap lids and air locks that I bought to ferment in my mason jars. I like that the books tells which spices to use and the days to ferment before putting in the fridge and how long it will keep.

The author is clearly writing from experience. The instructions are clear and the author covers what can go wrong and how to fix it. While the extraordinary benefits that were seen by the author and family may not be there for everyone, at the least cultured foods taste great and are for sure a lot better for you than sodas and energy drinks. I have been making Kefir for several months and I like it and am ready to try other cultured foods. I think I can proceed with confidence using the instructions in this book. I have several other books on probiotics but they lack in detail about how to do the cultures. I have only tried one of the recipes but it really turned out well. The book is recommended for anyone wanting to try cultured foods.

I love Donna Schwenk, I've never met her but I love her. Almost everything I know about making kombucha, kefir and cultured vegetables I've learned from her on her great website and from her youtube videos. I've been fermenting for about 3 months now and my family and I are experiencing all the same health miracles you can read about all over the internet. She is passionate about health through probiotics. She keeps everything simple and practical. She generously shares her secrets and genuinely wants us to succeed at this. She is a rare gem.

Donna Schwenk is an angel!!! This book will change your life! After months of doctors, tests and medications and worsening symptoms, the very simple items in this book resolved the issue within a few days. I cannot recommend this book enough!! If you know anyone that has digestive issues, asthma, allergies, etc. this book is a MUST HAVE!! Do not wait, health is a short delightful trip away with Donna's book. I will never be without this book and will be ordering many more copies to give out since I won't part with my copy.

Good book for getting started fermenting. Schwenk gives good information on making your own kefir and kombucha. Her recipes and information on fermenting vegies are also good. I have tried a number of them and they taste great. If you are interested in fermenting, first try viewing Sandor

Katz' videos on YouTube. Some of the things Schwenk recommends for fermenting are not really necessary and push the cost of your fermented vegies up. Unfortunately, almost all of her recipes for sourdough bread or other baked goods include sprouting and grinding your own wheat berries, or buying them from an online source - pricey! So her method is great if time is not an issue but for many of us, it is. Most of her recipes also include ingredients to "help" the starter raising the dough. With a good starter that has not seemed necessary to me. The book is worth buying and using especially for those not familiar with fermenting, especially if you combine it with some online research. You might want to find another book if you like to bake with a starter. I gave the book four stars despite its drawbacks because it is a good introduction to fermenting. It just isn't the last, or even the only, word.

Here is a chef who has used her imagination. There are numerous books on this subject but you want to have one that makes the end dish enjoyable. Due to the sour nature of probiotic foods thought needs to be used to make the end product enjoyable. The author has put a lot of thought into her work here. She has made it practical for a home cook and many restaurant cooks could learn from her effort. I highly recommend this book for those interested in their health. For those who have a copy of Nourishing Traditions this book will help you to make the food suggested there taste good.

I didn't know I could get this EXCITED about probiotic foods! Kefir cheeses, ice cream, homemade kombucha floats, sourdough bread, you name it, it's in this book! After a discussion of what probiotic foods are, what kefir is, and what it does in the body, Donna Schwenk (Author & Probiotic Goddess) shows you exactly how to begin or pump up your home fermentation adventure! Making homemade kefir and adding more probiotics into our lives, has been the cure to unexplained gastrointestinal problems and fatigue for me. It's also helped my kids break a sugar addiction my hubby and I created. "Cultured Foods" has had a curative effect on my son's health and that continues to be very exciting! It's been 2 weeks since we've started eating cultured foods and I've noticed the following: \* the whole family is more energized, less cranky pants \* increased speech, clearer communication with my son (3 y/o) \* my kids crave less sugar, staying fuller between meals \* clearer skin \* no bloating \* shinier hair \* less mental fogginess! I'm hooked! I have no plans to stop eating probiotics. I just "mastered" kefir...now it's on to sprouted breads and kombucha teas :) \*I received Cultured Foods from Hay House for review purposes. The opinions are completely my own based on my experience.\*

Easy to read, gets you started in the right direction immediately by just implementing 3 simple but crucial foods to your eating! Great recipes! Love the avocado soup! Quick and easy to make, literally just minutes and a blender! This book is everything I was looking for! I recommend this book to everyone that is serious about taking control over their health.

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