Fermented Foods: Even Better Than Raw Food

Categories: Cooking, General Prepping, Health/Fitness, Homesteading

We have done loads of posts about preserving food, mainly via dehydrating and canning. It seems strange to me now that I don’t think we have ever done a post about preserving food via fermentation...

Preserving food by fermenting it is about as low-tech and simple as it gets, but the health benefits of fermented food are great. It could even be argued that many fermented foods are actually healthier than when they were raw. The main reasons being that fermented foods digest far quicker and they are more easily absorbed by your body. This is because the fermentation process has already naturally started breaking the food down for you. Additionally the bacteria which cause the food to ferment give your immune system a huge boost, in a similar way to natural yoghurt. Check out the post below to find out more about why you should consider including some fermented foods
in your diet.

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If you would like to start fermenting your own food, I highly recommend this book: *Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures*

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