



daily GOOD

All life is fermentation. --Richard P. Feynman

Fermentation as Metaphor

"In this interview, Sandor Katz discusses his new book, *Fermentation as Metaphor*. A world-renowned expert in fermented foods, Sandor considers the liberating experience offered through engagement with microbial communities. He shares that the simple act of fermentation can give rise to deeply intimate moments of connection through the magic of invisible forces that transform our foods and our lives, generation by generation."

Be The Change:

Read and excerpt from Katz's book, '*Fermentation as Metaphor*,' [here](#).