

Fermented foods open a gateway to good health

By Blair Anthony Robertson, Sacramento Bee

The surge in popularity of fermented foods in recent years – eating them, creating them at home, exploring different cultures and cuisines – is based largely on the idea that this stuff can be really good for you.

In today's filtered, purified, sanitized, antibacterial world, you might think avoiding bacteria of any kind is a good thing. Turns out, plenty of bacteria, invisible to the naked eye, are plastered all over our food and working on our behalf.

Yes, that food you forgot was in the back of your fridge is fermenting, but not in a good way. Healthy fermentation requires a lot of care and control, but it's very doable.

Read the whole story