

October 27, 2024
San Diego, California FOR IMMEDIATE RELEASE

Fearless Fermenting is looking for co-conspirators to spread the message of improving gut health with fermented foods!

Austin Durant, author, educator and fermentation expert is proud to announce his new book, *Fearless Fermenting*, a cookbook celebrating fermented foods and beverages.

In *Fearless Fermenting*, Durant takes you through his fourteen-year journey of food fermentation, and illuminates the many reasons to ferment food at home. Gorgeously photographed, it offers over 75 time-tested recipes spanning a wide variety of fermented food and beverage traditions.

We are looking to partner with and share audiences with health-minded **podcasts** which align with our broader values of:

- treating food as medicine
- growing nutrient-dense food in a regenerative way
- promoting self-sufficiency
- building strong, decentralized communities
- creating vibrant health (physical, emotional, mental, spiritual)

“Fearless Fermenting” will give you the courage to plunge into the fascinating world of fermented foods.

– Sally Fallon Morell, President
The Weston A. Price Foundation

Austin Durant has steadily worked to build a community of passionate fermenters... In “Fearless Fermenting,” he adds his zeal, personality, experience, and effervescent voice to the growing body of fermentation literature.

– Kirsten K. Shockey, author of *Fermented Vegetables 10th Anniversary Edition* and 4 other fermentation books.

Fearless Fermenting is available in paperback, hardcover, Kindle and eBook formats on Amazon and elsewhere.

Contact us at 860-337-6368 or email at podcastus@fermentersclub.com to set up a recording date!

Links

Amazon (all versions): <https://amzn.to/3ULLChb>

Hardcover (signed by Austin, ships to USA): <https://fermentersclub.com/shop/fearless/>

Press Kit: <https://fearlessfermenting.com/presskit>

<https://fermentersclub.com>

<https://fearlessfermenting.com>

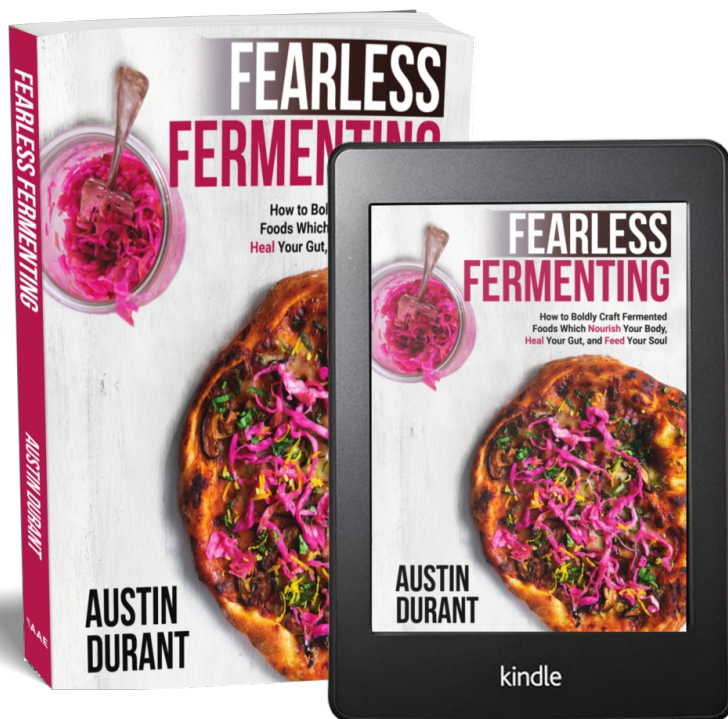
<https://facebook.com/fermenters>

<https://instagram.com/fermentersclub>

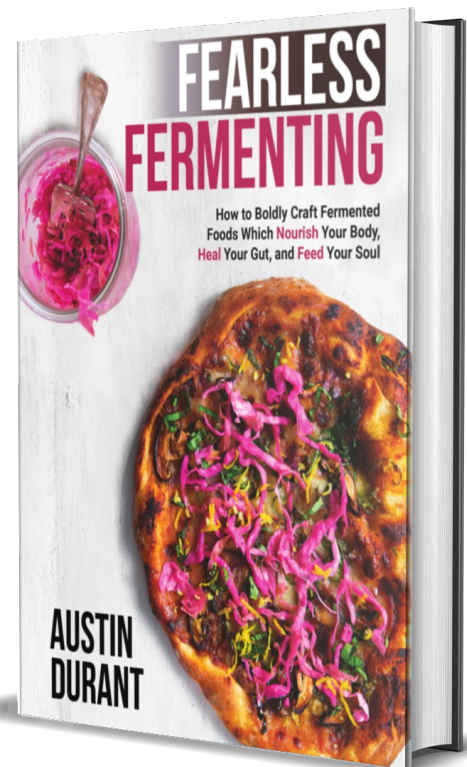
<https://youtube.com/@fermentersclub>



Austin Durant, Author, Fearless Fermenting



Paperback and Kindle versions



Hardcover version