

Fermenting Agents

TYPES OF FERMENTATION: LACTO

Food: fruit	Fermenting Agents: salt, brine, whey, water kefir grains, water kefir, reserved fruit brine
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Food: vegetables, aromatic herbs	Fermenting Agents: lactic acid bacteria activated by salt, brine, whey, packaged starter cultures, reserved vegetable brine
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Food: cured meats and fish	Fermenting Agents: lactic acid bacteria activated by packaged starter cultures, used alone or in combination with salt, brine, whey
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Food: legumes, nuts, grains, seeds	Fermenting Agents: water, salt, brines, whey, cultured fungi starters (miso, soy sauce)
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Food: dairy	Fermenting Agents: packaged starter cultures, reserved yogurt or dairy kefir from previous batches
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Food: water kefir	Fermenting Agents: water kefir grains (SCOBY—Symbiotic Colony of Bacteria and Yeast)
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TYPE OF FERMENTATION: LACTO-ALCOHOL

Food: bread and flatbreads	Fermenting Agents: yeasts, lactic acid bacteria, wild yeast starters, yogurt, buttermilk
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Alcoholic Beverages: beer, wine, hard cider	Fermenting Agents: cultivated yeasts, wild yeasts
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TYPE OF FERMENTATION: LACTO-ALCOHOL-ACETIC

Food: fruit vinegars	Fermenting Agents: starter cultures (mother)
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TYPE OF FERMENTATION: LACTO-ACETIC

Food: nondairy nonalcoholic beverages, kombucha	Fermenting Agents: starter cultures (SCOBY—Symbiotic Colony of Bacteria and Yeast)
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