



## Fermentation as Metaphor

Sandor Ellix Katz

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“It seems fitting to be sharing this book at a moment of such vast collective social fermentation.” —SANDOR ELLIX KATZ

In his first new book in eight years, bestselling author Sandor Katz delivers a mesmerizing treatise on the meaning of fermentation alongside his awe-inspiring photography of this transformative process, teaching us with words and images about ourselves, our culture, and being human.

In 2012, Sandor Ellix Katz published *The Art of Fermentation*, which quickly became the bible for foodies around the world, a runaway bestseller, and a James Beard Book Award winner. Since then his work has gone on to inspire countless professionals and home cooks worldwide, bringing fermentation into the mainstream.

In *Fermentation as Metaphor*, stemming from his personal obsession with all things fermented, Katz meditates on his art and work, drawing connections between microbial communities and aspects of human culture: politics, religion, social and cultural movements, art, music, sexuality, identity, and even our individual thoughts and feelings. He informs his arguments with his vast knowledge of the fermentation process, which he describes as a slow, gentle, steady, yet unstoppable force for change.

Throughout this truly one-of-a-kind book, Katz showcases fifty mesmerizing, original images of otherworldly beings from an unseen universe—images of fermented foods and beverages that he has photographed using both a stereoscope and electron microscope—exalting microbial life from the level of “germs” to that of high art. When you see the raw beauty and complexity of microbial structures, Katz says, they will take you “far from absolute boundaries and rigid categories. They force us to reconceptualize. They make us ferment.”

**To request a review copy or author interview, please contact:** Christina Butt (802) 295-6300 ext. 127, or [cbutt@chelseagreen.com](mailto:cbutt@chelseagreen.com)  
**Author Availability:** Tennessee, or by phone or arrangement



**Sandor Ellix Katz** is a self-taught experimentalist who lives in rural Tennessee. He is the author of two best-selling books: *Wild Fermentation* and *The Art of Fermentation*. Through hundreds of fermentation workshops he has taught around the world, he has helped catalyze a broad revival of the fermentation arts. Sandor and his work have appeared on NPR’s “Fresh Air with Terry Gross,” *The New Yorker*, *The New York Times*, *The Guardian*, PBS, *The Washington Post*, *The Financial Times*, and numerous other national and international media.

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