



The Wildcrafting Brewer

Creating Unique Drinks and Boozy Concoctions from Nature's Ingredients

Pascal Baudar

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Full-color photographs throughout

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“ [Pascal Baudar’s] methods, ideas, and aesthetics . . . are truly inspirational.”

—**SANDOR KATZ**, *New York Times* bestselling author of *The Art of Fermentation*

Fermentation fans and home brewers can now rediscover the art of brewing using a galaxy of wild and cultivated plants, fruits, berries, and other natural materials. Wild-plant expert and forager Pascal Baudar—named one of the 25 most influential tastemakers by *Los Angeles Magazine*—opened up a new world of possibilities for people wishing to explore the flavors of their local terroir in his acclaimed first book, *The New Wildcrafted Cuisine*. Now he is doing the same for fermented drinks, revealing both the underlying philosophy and the practical techniques for making delicious concoctions, from simple wild sodas, to non-grape-based “country wines,” to primitive herbal beers, meads, and traditional ethnic ferments.

Baudar is quick to point out that the recipes in this book serve mainly as a touchstone for natural foodies, foragers, herbalists, and chefs alike, who can use the information and techniques he provides to create their own brews, using their own local ingredients.

The Wildcrafting Brewer is a beautifully photographed collection of more than 65 recipes. Check out the reverse side of this page for a sample layout and recipe for kvass inspired by the forests of Vermont. You’ll find more information about the author below, and you can read about his ongoing classes at www.urbanoutdoorskills.com. We encourage you to assign coverage of this influential author and inspiring book and will be back in touch soon to follow up.



Pascal Baudar works as a wild-food researcher, wild brewer, and instructor in traditional food preservation techniques. Through his weekly classes and seminars, he has introduced thousands of home cooks, local chefs, and foodies to the flavors offered by their wild landscapes. In 2017, his instructional programs were named one of the seven most innovative culinary classes in the LA region by *Los Angeles Magazine*.

<http://media.chelseagreen.com/the-wildcrafting-brewer>

NORTHEASTERN KVASS

This recipe is based on the forest I like to hike in Vermont. It's a mix of pine and root flavors, a bit like a kvass root beer. It's quite enjoyable and nutritious. The method is a bit different, as the pine branches and spruce are not boiled. Of course, maple syrup is the source of sugar for this fermentation, and the wild yeast is from a dandelion flower starter.

- ½–1 pound (227–454 g) of rye (or other) bread
- 1 gallon (3.78 L) water
- 1–1½ cups (355 ml) maple syrup
- 2 tablespoons (10 g) sassafras root bark
- 1 tablespoon (5 g) sarsaparilla roots (optional)
- 1 tablespoon (5 g) chopped dandelion roots
- ½ teaspoon (1 g) dried wintergreen leaves
- Handful of turkey tail mushrooms (just because I like them and they're good for you)
- Small piece (¾–1 inch/2 cm) ginger (optional)
- A couple of small spruce or white pine branches, or any lemony-tasting pine needles (you can also use a couple of lemons if you want; juice them and then throw them in the pot)
- ½–¾ cup (120–180 ml) wild yeast or commercial beer yeast

Procedure

Use a similar brewing method as Traditional Kvass. The main differences are that you can place the turkey tail mushrooms in the water from the start (at the same time as the sugar) so they boil longer than the other ingredients. The spruce or white pine branches are added when the liquid is cooled down and the yeast goes in. It's a personal choice, but I don't like the flavor of boiled spruce/fir/pine. Don't forget to cut the top of the needles so the flavors can be extracted.

Because I use lots of barks, dried leaves, and roots in this recipe, I don't place the pot in cold water but simply set it outside. The warm water cools slowly, and I extract more flavors that way.

