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By R.J. Ruppenthal

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How to Make Probiotic Drinks for a Raw Food Diet: Kefir, Kombucha, Ginger Beer, and Naturally Fermented Ciders, Sodas, and Smoothies

Author R. J. Ruppenthal worked on an organic vegetable farm in his youth, "Every generation there is a move back to growing food close to home for various reasons

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Hi Folks! I'm R.J. Ruppenthal, the guy who wrote the book (or booklet) you're viewing. Long story short: I never planned to become a gardening and food author.

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R.J. Ruppenthal A licensed attorney and college professor, R. J. Ruppenthal has never given up on his gardening passion, even when his day jobs led him to a more

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