

"Filled with nourishment for the soul, body and mind, this book is a unique view of the intersection between herbal medicine and fermentation. It will delight anyone interested in herbs, honey, brewing, and folktales. A great book!

- Susun S. Weed, author of *Healing Wise*

"Herbalist in its approach, a bit racy, enlightening, and challenging to many common beliefs."

- Boston Sunday Herald

"Buhner's book is filled with humor, irreverence, and an uncanny command of his subject matter."

- ALEXaminer