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With the Food fermentation and Kombucha making craze in full swing again, we at Full Moon are anticipating huge sales of the Durand Kombucha Pots and Food Fermentation Crock Pots on the run in to Christmas this year. We are now stocking the Kombucha Pots in four colours (Oatmeal, Gloss White, Golden Brown and Turquoise) and two sizes (5L and 9L) Prices are \$43.20 and \$56.20 w/s (+\$5 packing when freighted)



The Fermentation Crock Pots come in the 5L size in Oatmeal and Golden Brown. They have an ingenious design, with a moat of water around the top, in which the lid sits, to create a sterile environment for food fermentation. we are selling these for \$128.25 +GST w/s (+\$10 packing when freighted)





Kombucha, an ancient food and healing product originally from Asia was widely used in Russia, Eastern Europe and Japan but is relatively unknown in Australia. Kombucha is a living organism, the symbiosis of a number of bacteria and special-yeast cultures which fermented with sweet tea become the Kombucha beverage.

Stoneware is the perfect medium for brewing and storing your kombucha.

Our jars are individually handmade on the potter's wheel from Australian sourced organic stoneware clay.

They are hand decorated and glazed with non-toxic, lead free glazes and fired in our kiln to 1280 degrees Celsius. At this temperature the clay becomes vitrified and is turned to stone. The glaze turns to glass, unable to hold or leach any impurities. Unlike glass it will keep too much light from getting in to your brew, making it the perfect environment for your kombucha to grow.

We provide a BPA free, Australian made plastic tap with all our kombucha jars.

We make our jars with a tap so you are able to use the continuous fermentation process. This method allows you to dispense a daily amount of kombucha, topping it up with new tea as you go, as opposed to waiting each time. These jars can also be used to make individual batches if desired.

Fermentation is a culinary technique prized by humans for thousands of years. During the process of lactic fermentation, lactic acid already present in a given food is utilized to predigest the food into a simpler substance. This process involves creating an environment that is hospitable to beneficial bacteria, yet inhospitable to harmful microorganisms. The food to be fermented is prepared; placed in a jar, a crock, or another suitable container; and sits virtually undisturbed for hours, days, weeks, even months while the lactic acid does its work. The result is a tangy delicacy with distinct flavour. Two well-known fermented vegetable dishes are Korean kimchi and German sauerkraut.

8 Reasons why you should be eating cultured vegetables from Polly Noble's website

1. They aid digestion lessening the energy drain on your body (great for anyone that has a weak digestive tract and has a hard time digesting raw foods.)
2. They help to eliminate toxins from the body.
3. They help to restore a healthy balance of good and bad bacteria within the intestines.
4. They help to reduce sugar cravings (This is reason ENOUGH!)
5. Eating animal protein creates toxic by-products in the intestines and by eating the veggies WITH the animal protein, it helps to turn these toxins back into healthy amino acids.
6. They are extremely alkalising and cleansing for the body. (They may make you a little gassy to begin with but once you get everything cleaned out then it will all start working nicely!) I had to go there... These things are important! A toxic colon is a toxic body people!
7. They increase your longevity. (As they allow you to reserve your body's own enzymes for digestion, your body is better equipped to repair cells, eliminate toxins, strengthen your immune system etc.)
8. They are perfect for pregnant and nursing women as they provide a healthy inner environment for good bacteria and can help alleviate morning sickness! Plus the liquid from the veggies can help relieve the baby's colic.

ps We are also increasing stocks on hand of the Durand Water Filter Systems for the expected pre-Xmas rush of sales!

