

Fermentation Farm Food Culture

Dr. Yasmine Mason grew up on a family farm in Nevada understanding the importance of growing organic vegetables and organically raised animals. With a passion for teaching others about proper nutrition and health, Dr. Yas attended Palmer College of Chiropractic-West in 1996. In 2000, together with her husband, Derek Mason, DC, they started Lifespring Chiropractic in Newport Beach. After many years in practice, she took some time off to start a family. During that time she began to experiment with traditional fermentation techniques to keep her family healthy and make sure that her kids grew up with healthy microbiomes. She immediately had a knack for fermenting her own zingy yogurt, making tasty krauts, and brewing her flavorful and fizzy kombucha. Realizing that there was a real need for healthy fermented foods, she opened Fermentation Farm in September of 2014 with the vision of building a strong community of people who share her passion for these handcrafted, traditional foods and drinks.

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