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**Lars Marius Garshol**

## *Traditional Norwegian Beer Brewing*

For millennia, Norwegian farmers have been brewing beer from their own grain, and the serving of beer was deeply woven into the local social practices. No child could be born, no couple married, nor anyone buried without beer being served.

The traditional brewing methods were passed down through generations, slowly changing and mutating. Consequently, they differed from village to village, and of course from modern methods.

This book provides the first in-depth study of the history and the geographical variations of Norwegian brewing, and it dives deep into the various types of yeast and their use.

Other related topics — such as brewing equipment, spices and alternative fermented drinks — are also covered; as well as an overview of places in Norway where farmhouse brewing still exists.

The analysis of regional variations clearly indicates how the Norwegian geography shaped the brewing traditions as well as the genetics of the yeast. It also highlights how aspects of early Norwegian brewing do not appear to match the archaeological records, implying that there are mysteries yet to be solved.

## Lars Marius Garshol

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**Lars Marius Garshol**, originally an IT engineer, has studied Norwegian traditional brewing through archive studies, interviews and brewing experiments. He has previously published three books about traditional brewing, two in English and one in Norwegian. Known for having revived the interest in the traditional yeast called “kveik”, he is currently pursuing a career as author, researcher and lecturer.



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