PLANT FACT SHEET

Kazachstania exigua Kurtzman

GENUS *Kazachstania* **FAMILY** Cryptococcaceae

COMMON NAMES Kefir yeast, Sourdough bread yeast

EDIBLE PARTS AND USES

Edible parts: Yeast, Fungus

A lactose-negative yeast used in the production of kefir grains and sourdough bread.

DESCRIPTION

A yeast or fungus.

REFERENCES

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 251 (As Torulopsis holmii)

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a118bee9-a30f-4d6b-b594-36150b118fbb