

## REFERENCE

- Alodokter. (2018). *The benefits of cucumber are important for the body*.  
<https://www.alodokter.com/ternyata-manfaat-ketimun-penting-untuk-tubuh>
- Chun, Lauryn, (2012). *The Kimchi Cookbook*. Ten Speed Press.
- Health Encyclopedia. (2018). *Efficacy of yeolmu kimchi*.  
<https://bf6464.tistory.com/183>
- Injoo,C., Jaewoon,L., & Youngran,B. (2012) *Authentic Recipes from Korea*.  
Periplus Editions.
- Kim, Emily, (2015). *Cooking Korean Food with Maangchi*. Houghton Mifflin  
Harcourt.
- Kim, Sohui. (2018). *Korean Home Cooking*. ABRAMS.
- Kompas. (2020). *What is sesame oil*. <https://www.kompas.com/food/read/2020/09/11/140800375/apa-itu-minyak-wijen-bahan-masakan-andalan-dalam-chinese-food-?page=all>
- Lim, Byung-Soon (2014). *Kimchi Essential Recipes of the Korean Kitchen*.  
Pavilion Books.
- Miriam Fauzia. (2020). *More studies needed to examine link between fermented foods, COVID-19*. USA Today.  
<https://www.usatoday.com/story/news/factcheck/2020/09/01/fact-check-studies-needed-link-between-fermented-foods-covid-19/5525719002/>
- Novita Joseph. (2019). *The benefits of perilla leaves*. Hello Sehat.  
<https://hellosehat.com/herbal-alternatif/herbal/manfaat-daun-perilla/>
- Park, K. Y., Jeong, J. K., Lee, Y. E. & James, W. (2014). Health benefits of kimchi (Korean fermented vegetables) as a probiotic food. *Journal of Medical and Food*, 17(1):6-20. doi: 10.1089/jmf.2013.3083.
- Rhonda Parkinson. (2020). *What is chinese cabbage*. The Spruce.  
<https://www.thespruceeats.com/chinese-cabbage-info-694681>
- Shigenobu, Hatsue, (2019). *Korean Homestyle Cooking*. Tuttle.
- Solomon, Karen. (2014). *Asian Pickles Korea*. Ten Speed Press.

Tasty Korea Tour. (2013). *Kimchi and Kimchi Culture*.  
<https://terms.naver.com/entry.naver?docId=5685339&cid=42701&categoryId=63034>

The Staunch. (2020). *The efficacy and nutritional properties of cabbage kimchi*.  
Health-Well-Being. <https://blog.naver.com/optih73/221758679057>

UNESCO, Cultural Heritage Administration. (2012). *Kimjang, making and sharing kimchi*. <https://ich.unesco.org/en/RL/kimjang-making-and-sharing-kimchi-in-the-republic-of-korea-00881>

Vongerichten, Marja (2011). *The Kimchi Chronicles*. Rodale Books.

West, Da-Hae. (2016). *K food*. Mitchell Beazley.

Yun, Naomi Imatome, (2016). *Seouls Food Korean Cookbook*. Callisto Media

