

MAKING YOUR OWN CULTURED VEGETABLES

Before you do anything, remove your culture starter packet(s) from the freezer or refrigerator to warm to room temperature. ALSO... VERY IMPORTANT!!!! Keep one, full head of cabbage in tact to use as a cover/seal for the top of the veggies after you have packed them into the jar. This piece of cabbage on the top acts as a seal to keep the veggies away from the air, well under the brine so they do not oxidize, become moldy and/or turn color on the top.

- 1) Wash all veggies very well.
- 2) Peel any root veggies (carrots, daikon, sweet potatoes, beets, etc.)
The skin can be bitter.
- 3) Remove stems from leafy green veggies (kale, collards, wakame, etc.)
- 4) Put all veggies through the food processor/shredder
- 5) Combine all veggies in large bowl and toss to distribute evenly.
- 6) Take several handfuls of these shredded veggies and place them in the blender with water to make a soupy brine. You don't want the brine to be too thick. It should be watery so that you have some juice for your veggies. You may also modify this step and simply juice celery for your brine. It has a lovely taste and adds beneficial sodium!
- 7) Blend veggie/water mixture very well.
- 8) Now add packet of culture starter and stir well. DO NOT BLEND AFTER ADDING THE STARTER! You will injure the organisms! **To order starter, visit www.culturednutrition.com**
- 9) If you wish, you may add a splash of freshly juiced granny smith apple juice or a drop or two of honey to feed the micro-flora, but this isn't necessary. It can be helpful in the winter when the fermentation process is a bit slower though. You may also use Eco-Bloom, a special fiber from the chicory plant that serves as food for the micro-flora.
- 10) Pour the brine over your veggies in the big bowl. TOSS VERY WELL to coat all the veggies with the organisms.
- 11) Wash your mason jars and lids with VERY HOT water and a natural soap. It is imperative they be very clean!
- 12) Now start stuffing your veggies into the jars. Make sure you press down firmly on the veggies to get all the air out and to allow the brine to rise over the veggies.
- 13) LEAVE AT LEAST one and a half to two inches or more at the top of the jar for the veggies to expand! Otherwise they will leak and possibly damage the lid of the jar because the fermentation gases can't escape.
- 14) Place your pieces of cabbage, which should be a bit larger than the opening of the jar, into the jar and press it down firmly onto the vegetables. It is okay if some of the brine pools on top of the cabbage.
- 15) Wipe away any stray veggie pieces from the top of the jar and place the lid on. Hand-tighten only. Do not over-tighten.
- 16) Place jars in a warm room or cover with a blanket in a cooler or box.
- 17) Leave at room temperature to ferment for at least 5 to seven days. NOTE: In the summer your veggies will ferment quicker than in the winter. Just keep an eye on them.
- 18) Sample your veggies after 5 to 7 days. If you like the flavor, refrigerate to lock in that flavor and to slow down the fermentation process. If you wish to have a softer, kraut-like flavor simply let your veggies ferment longer.
- 19) Unopened, your veggies will last a very long time in the fridge - up to a year. Opened, your veggies will last for at least a month - maybe more. Once you refrigerate your veggies, you cannot take them out of the refrigerator and expect them to resume the fermentation process. ENJOY!!!