

Lactofermented Vegetables

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Carrot Broccoli Medley (makes 1 quart)

Stalks from 2 heads of broccoli

1 large carrot

1 small onion

3 cloves of garlic

1 Tbsp sea salt

Filtered water

Slice the broccoli stalks and carrots into thin slices. Peel the onion and slice into half moons. Dice the garlic. Combine the vegetables and pack into a wide-mouth quart mason jar, pressing them in tightly. Add the salt. Pour over filtered water to dissolve the salt and cover the vegetables. Screw the lid on tightly and place in a dark, room temperature place (a kitchen cupboard works well) and let ferment for 3+ days. (The fermentation process will happen more quickly in a warm environment, more slowly in a chilly one.) When done, little bubbles will be visible in the brine when you move the jar. Place in the fridge for several days before eating. Enjoy as a condiment alongside meats, on salads, or with eggs.



Sauerkraut (makes 1 quart)

- 1 head cabbage
- 1 Tbsp sea salt
- 1/2 tsp caraway seeds (optional)

Thinly slice the cabbage and place in a large bowl or crock (reserving one leaf). Toss with the salt. Crush the cabbage to release its juices, either by squeezing with your hands or pounding with a kraut powder. Once the cabbage has become limp and some liquid has been released, pack it into a wide-mouth quart mason jar, pressing it in firmly so the cabbage is submerged in the liquid. Sprinkle the top with salt and press the reserved cabbage leaf onto the top of the kraut. Screw the lid on tightly and place in a dark, room temperature place (a kitchen cupboard works well) and let ferment for 3+ days. (The fermentation process will happen more quickly in a warm environment, more slowly in a chilly one.) Once the sauerkraut has finished fermenting, place in the fridge for several days before eating. Enjoy as a condiment with meats, veggies, and soups.

