



HOW TO MAKE LACTO-FERMENTED VEGETABLES WITHOUT WHEY

**1 glass quart jar
with a plastic lid**

**1 to 1 1/2 Tbsp
sea salt**

**2 cups
filtered water**

Any Combination of Raw Organic Vegetables:

chopped cauliflower

chopped beets

chopped carrots

chopped green beans

chopped bell peppers

sliced radishes

sliced daikon

sliced cucumbers

chopped turnips

chopped broccoli

chopped kale

chopped onions

chopped green onions

chopped garlic

cabbage leaves (for the top)

Any Combination of Herbs/Spices:

dried chili peppers

black peppercorns

bay leaf

fresh dill

fresh basil

fresh tarragon

fresh mint

sea vegetables (arame or hijiki) - use
less salt if using these

First dissolve your sea salt in water in a glass jar or 2-cup glass measure. Then place your favorite combination of vegetables into a quart jar (you can use a larger cylindrical jar, ceramic crock, or latch-lid jar instead; just add more veggies and double or triple the salt brine, keeping the same ratio of salt and water, for a larger container). Add a few layers of herbs and spices too. I prefer to keep the peppercorns in the first layer (on the bottom of the jar) so they don't float to the top. Make sure you leave about an inch from the top of the jar.

Then cover with your salt brine, leaving about an inch to a half inch from the top. Fold a small cabbage leaf and press it into the brine so the water floats above it and the vegetables are completely submerged. Cover with a plastic lid (it is best not to use metal as the salt and acids can corrode it, though I have used them occasionally if that is all I have). Screw the lids on tightly. After day 2 or 3 begin to "burp" your jars once or twice daily to let excess gasses escape. You can do this by unscrewing the lid just enough to hear the gasses release and then quickly tightening it back up. You should see a bit of bubbling and some liquid possibly dripping out after about day three, depending on the heat level in your home. I like to

place my jars into some sort of container, like a rectangular Pyrex dish, to catch any drips. Set your jars in an undisturbed place in your kitchen out of direct sunlight. I like to store mine on top of my refrigerator.

You can taste the veggies after about five days to see how soured they are. I prefer to let mine ferment for about 7 to 8 days in the winter and 5 to 6 days in late summer. I have also let them ferment for 10 or more days. Just experiment, there is no exact science with fermentation. After your veggies are soured to your liking place the jar (or jars) into your refrigerator where they will store for months.

Use your vegetables to top cooked quinoa, beans, and chopped leafy greens. Serve them atop grilled fish or chicken. Serve them with scrambled eggs for breakfast. I like to add them to salmon or chicken salads made with mayonnaise. And try to restrain yourself from eating the whole jar in one sitting....it may be a little too much salt all at once! You can also whisk some of the leftover brine with olive oil, a squirt of dijon mustard, and a dash of honey for a probiotic salad dressing!