

F is for Fermentation, so good for you!

So "what" exactly is Lactobacillus Fermentation or Lacto-Fermenting? Well, in a nutshell, it is a type of bacteria called **Lactobacillus**. There are many species of **lactobacillus**. These are "friendly" bacteria that normally live in our digestive, urinary, and genital systems without causing disease. **Lactobacillus** is also in some fermented foods like yogurt and in dietary supplements.

So now we know the "What", Let us explore the "How". Your ingredients are simple, vegetables and salt.... period. Now there is always a "Why", to keep your gut health happy, this is a probiotic that is delicious. Your options are wide, and nothing is off the table. From vegetables, to sauerkraut, nuts, fruits and my favorite- Pickles!

Not all salts are created equally, know your salts. I stay away from Iodized Salt (this can halt fermentation because the minerals have been leached out) and Kosher Pickling salt (Watch out for anti-caking additives). I just steer clear of these salts completely. Now what do I recommend:

Mineral Rich Salts of the Land.

Redmond Real Salt mined in Utah

Himalayan Crystal Salt mined in and around Pakistan

These are from ancient seabed's and packed with trace minerals

Mineral Rich Salts of the Sea.

Grey Salt, Fleur de Sel; These Celtic salts are harvested by evaporating seawater in large pans, leaving the salt, trace minerals and bits of microscopic plankton behind. This is all good for our bodies.

So, let us get started, shall we!

Ingredients for Sauerkraut

1 head Cabbage green (approx. 2 lbs of shredded cabbage)

2 tsp Salt or to taste

Equipment:

Fermenting crock or Mason Jar

pounder

bowl

knife

teaspoon

Directions:

- ❖ Thinly slice the cabbage and place it in a bowl add ha1/4 of the salt and start massaging the cabbage, you will notice that it will start to leach out the water. This is the brine you are making to start the fermentation process.
- ❖ Continue to massage till it is all wet. Take a bit and taste it, it should be tasty, not salty. If it is too salty add more cabbage but not more salt.
- ❖ Taste before you pack the jar.

- Place the cabbage and the liquid in your jar pounding it down so there are no air bubbles, cover clear glass anything that will hold it.
- ❖ Keep a 2-3" head space and weight it down with a ziplock baggy with salt water in it, just enough to fit in the jar.
- ❖ Place the jar on a plate in a cool area but not in direct sunlight (anywhere 55* - 75* will work but the cooler the better). I keep mine in a cool closet, maintains 55* pretty much year-round.
- ❖ Check on the crock daily, especially if you're using a mason jar with a lid, you will have to burp it. I have self burping fermentation lids for my large mouth mason jars.
- ❖ In a few days, taste your cabbage, these are tips to know when it is ready:
 - Look: Somewhat translucent and the colour of cooked cabbage (more yellow than green)
 - Smell: Sour
 - Touch: Firm to touch but not slimy
 - Taste: Pleasingly sour and pickle-y but without the strong acid of vinegar
- ❖ When the sauerkraut is to your liking, put on a full lid and place in the refrigerator.
- ❖ ENJOY!!!! You can eat it straight out of the jar, put in salads, on German sausages, however you want to eat it.

Book:

Fermented Vegetables by Kirsten K. & Christopher Shockey

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Fermentation Lids for large mouth mason jars

https://www.amazon.com/Masontops-Pickle-Pipe-One-Piece-Fermentation/dp/B01LWS63OF/ref=sr_1_1?dchild=1&keywords=fermenting+nipples&qid=1611290112&sr=8-1

Fermenting Weights

https://www.amazon.com/Fermentation-Weights-Grooved-HandlesFermenting/dp/B07CXJ92CG/ref=sr_1_6?dchild=1&keywords=fermenting+nipples&qid=1611290262&sr=8-6

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