

## PICKLING & FERMENTING

Fermenting vegetables is a great way to preserve garden abundance and it's super easy too!

Any vegetable can be fermented, from cabbage to watermelon rinds, but some veggies might taste better fermented than others.

The process of fermentation happens underwater where the anaerobic bacteria thrive and the aerobic bacteria, which cause rot and decomposition, cannot. Some vegetables, like cabbage, can be salted and fermented in their own juices, but others, like cucumbers and beans for example, need to be covered by a brine (salt water solution).

Veggies can be fermented simply by themselves with salt and water or you can mix them together and add spices to make ferments that explode with flavor. Never let abundance go to waste again. Ferment them for later!

A great resource is the book *The Art of Fermentation* by Sandor Ellix Katz.



## FOUR STEPS TO FERMENTATION

1. Chop or grate vegetables
2. Lightly salt (and spice!) the veggies (add to taste) and pound/squeeze until they're moist (for brine ferments, skip this step).
3. Tightly pack veggies into a jar so they are covered by liquid. Add water/brine to cover.
4. Wait, taste often, and enjoy!

## FUN FACTS FOR FERMENTERS

Fermentation goes faster at higher temperatures. For a fast ferment, leave it in the sun for a few days or keep it in a cool dark place to slowly develop flavor. The longer it sits, the better it tastes.

Keep away from iodized salts, they can turn brines murky!

Don't let green tomatoes go to waste! You can ferment them to have a great tart treat! Try adding juniper berries to sauerkraut for a delicious kick!

Always add oak or grape leaves to keep veggies crunchy!

## SUN-FERMENTED GREENS

Chop up whatever garden greens to be fermented (kale, collards, chard, ect.) and pack them in a clean jar.

Boil water, add enough salt so it's super salty, like ocean water, and pour it into a jar.

Cut a piece of bread a little bit bigger than the lip of the jar, put the bread into the top of the jar, and push it down over the greens.

Fill the rest of the jar with saltwater so the greens are completely covered. Cover, but don't seal the jar (a small plate on top of the jar works well), so that no bugs get in.

Leave the jar in direct sun as much as possible for 3 days. Then taste the liquid – if it's pickley enough then you're good to go and eat it, otherwise, leave it for another day and taste it again!



## BRINE

Pickles and dilly beans (among many other things) are fermented in a brine.

Chop, slice, or leave veggies whole and pack them into a jar. Salt water to taste, but strong brines are good because the vegetables will dilute them (1 quart of water to about 3 tablespoons of salt make a good salty brine).

Add spices (garlic is always great too) and then cover veggies with the brine. A weight on top might be necessary to keep the veggies below the water.

Taste the vegetables frequently and eat the rest when it tastes good!

To make dilly beans, add string beans, garlic, and dill to a brine.

For pickles, cucumber, garlic, and dill is a classic.

Add grape or oak leaves to keep pickles crunchy!



## KRAUT & KIMCHI

Chop or shred cabbage and place in a large pot or bowl.

Lightly salt and pound or crush the cabbage until it's about half the original volume and dripping wet. Mix in spices and salt to taste.

Pack the cabbage mixture into a jar and press down until everything is covered with water (add more water if necessary). Store in a cool, dark place and taste frequently until it's all gone!

The most important spices for kimchi are fresh and powdered red hot peppers, crushed garlic, and green onions to help sterilize it. Additional flavor-builders may include ginger, fruits, nuts, and even seafood like salted shrimp or anchovies!

For super spiced sauerkraut, add garlic, mustard seed, juniper seed, caraway seed, dill seed, and black pepper.

Add grape or oak leaves to keep crunchy!



# FERMENT YOUR OWN FOOD!

