

Wild Fermented Sauerkraut

Discard outer leaves.

Rinse heads with cold water and drain.

Cut heads in quarters, remove cores, and trim and discard worm- and disease-damaged tissue.

Shred or slice cabbage to a desired

Filling and Packing the Container

Place shredded cabbage in a bowl and thoroughly / massage with sea salt. Massage it to break down the cell walls and release the natural juices drawn from the cabbage. Add additional vegetables and herbs to flavor to taste.

Once you have released enough juices and you have created a natural brine, tightly pack in a jar, using a muddler or other device to tamper down the vegetables to submerge the veggies. Secure the cabbage under the brine, cover with a cheese cloth or towel or loose fitting lid and place on a dish to catch any excess brine.

Fermentation Temperature, Time, and Management

Store the container at 70 to 75°F while fermenting. At these temperatures, kraut will be fully fermented in about 3 to 4 weeks; at 60 to 65°F, fermentation may take 6 weeks. Below 60°F, kraut may not ferment. Above 80°F, kraut may become soft and spoil. Fermentation naturally stops because the acids accumulate to such an extent that further growth cannot take place. If you submerge the cabbage with a brine-filled bag, do not disturb the crock until the normal fermentation is complete (when bubbling ceases). If you use jars as weights, you must check the kraut two to three times each week and remove scum if it forms. Kraut should be to desired tartness, with firm texture, have brine that is not cloudy, and be free of any sign of mold or yeast growth. Do not taste if you see mold on the surface, feel a slimy texture, or smell a bad odor. Fully fermented kraut may be kept tightly covered in the refrigerator for several months.

NOTE: Use unchlorinated water and sea salt

Sauerkraut

1 small head of cabbage, finely shredded

1 leek cut into thin rings

1 Tbsp. sea salt

Combine all ingredients in a bowl. With clean hands mix or lightly pound the ingredients for a few minutes.

Cover the bowl with a towel and let it sit for 30 minutes. Check it occasionally, mixing and pounding it a little to get the juices flowing.

Stuff the mixture into a quart glass jar, pressing to submerge completely underneath the liquid. If necessary, add a bit of water to completely cover the mixture or use a fermentation weight to keep the vegetables under the liquid.

Cover the jar with a tight lid, airlock lid, or coffee filter secured with a rubber band.

Culture at room temperature (60-70°F is preferred) until desired flavor and texture are achieved. If using a tight lid, burp daily to release excess pressure.

Once the kraut is finished, put a tight lid on the jar and move to cold storage. The flavor will continue to develop as it ages.

Fermented Carrot Sticks

1 quart water

1-3 Tbsp. sea salt

2-3 pounds carrots, cut into sticks

1 clove of garlic peeled

Dissolve salt in water.

Place the garlic and carrot sticks in the jar and pour the liquid over the carrots, leaving 1-2 inches headspace.

If necessary, weigh the carrots down under the brine to keep them submerged.

Cover the jar with a tight lid, airlock lid, or coffee filter secured with a rubber band.

Culture at room temperature (60-70°F is preferred) until desired flavor and texture are achieved. If using a tight lid, burp daily to release excess pressure.

Once the carrots are finished, put a tight lid on the jar and move to cold storage. The flavor will continue to develop as the carrots age.

Fermented Garlic Scape Paste

- 1 pound garlic scapes
- 1 tbs lemon juice
- 1 tsp unrefined sea salt

1. Cut the triangular top off the bulbs leaving the bulbs in place (the top is dry and stringy and doesn't puree well). Cut the stems into 1-inch pieces. Blend in a food processor, in two batches to the consistency of pesto. Sprinkle in the juice and salt. The veggies will become juicy immediately.
2. Put the paste in a pint or quart size jar and press until the brine covers the scapes.
3. Set aside on a dish to ferment out of direct sunlight and cool for 5-10 days. Check daily to make sure the scapes are submerged. You may see scum on tops, it's generally harmless but if it has a foul odor or a color, you should discard.
4. You can begin to test the ferment on day 5. It's ready when the garlic is mild and has a light sour taste and the bright green has faded.

Simple Brine Recipe

- 2 cups water
- 1 tbs sea salt

NOTE: Use unchlorinated water and sea salt