

# How to make Cultured Vegetables

## Basic Equipment

- Vegetable chopper such as a food processor or knife
- Blender
- Wide-mouth quart glass jars with lids – sterilized for 10 minutes
- Large mixing bowl
- Chopping board

## Produce Needed

- Use two or more of the following: organic green cabbage, red cabbage, carrots, turnips, beets, diakons, yams or sweet potatoes, green apples.
- Vegetables Culture Starter packet or a jar of cultured vegetables
- I use starter from <http://www.wildernessfamilynaturals.com>
- Filtered water

## How to Make Your Ferment

- Wash vegetables with brush. Peel off the outer layers of the cabbage leaves and save for covering the vegetables in the jars.
- Shred the vegetables in the food processor and place in a large bowl.
- Put 1-2 cups of non-chlorinated (spring) water into blender. Add 1 packet of vegetable starter or 1 cup of previously cultured vegetables, plus 1 cup of freshly grated vegetables. Blend. Pour over bowl of shredded vegetables and mix.
- Pack the mixture tightly in the sterilized jars to within  $\frac{3}{4}$  inch of the top. Pack **tightly** to get rid of air pockets.
- Dip cabbage leaves from step 1 in hot water to soften and place them on top of vegetables in the jar. This will keep oxygen from the vegetables. Clean top of jars and tighten sterile lids finger tight.
- Put jars on a tray in a 70-78 degree place. Jars may leak during fermentation process. Let culture for 7-14 days, then refrigerate.

Before refrigerating, taste your veggies. They should taste tart or tangy. If not, let them set out longer. Keep veggies submerged under the liquid after tasting them. The fermentation process takes longer in cooler temperatures. In the winter months, or cold houses, it could take 2-3 weeks to ferment.

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Instructions derived from Peaceful Meadows Retreat Center, Hanna Kroeger

## Cultured Vegetables Recipes

Follow instructions on How to Make Cultured Vegetables handout

<p><b>Cabbage, Beet, &amp; Turnip</b></p> <p>3 large beets            3 medium sized turnips            1 large head of cabbage            1 vegetable culture starter</p> <p>Yields 4 quarts</p>	<p><b>Cabbage &amp; Carrots</b></p> <p>2 large heads of cabbage            3 pounds of carrots            1 vegetable culture starter</p> <p>Yields 4 quarts</p>
<p><b>Moroccan Spiced Carrots</b></p> <p>4 cups grated carrots, tightly packed            2 cloves garlic, minced            1/2 cup cilantro, chopped            1 teaspoon ground cumin            1/2 teaspoon ground cinnamon            1 tablespoon lemon juice            2 teaspoons Celtic sea salt            1 vegetable culture starter</p>	<p><b>Sweet Kraut</b></p> <p>3 heads green cabbage, shredded            2 beets, grated            3 carrots, grated            1 Fuji apple, grated            1/2 lemon, juiced            1 vegetable culture starter</p>
<p><b>Spicy Pink</b></p> <p>3 heads red cabbage, shredded            6 carrots, grated            3 inches fresh ginger, grated            6 cloves garlic, chopped            1 vegetable culture starter</p>	<p><b>Vegan Method – make a brine and pour over top of veggies</b>            Mix 1 tbsp of salt per 4 cups filtered water. Simply stir the salt with your water until it dissolves, and the brine is ready. Fill jar with veggies leaving 1 inch at the top, fill with brine</p>

Find many delicious recipes at

<http://www.culturesforhealth.com/cultured-fermented-vegetables-fruits-condiments-articles-videos-recipes>

<http://earthmother-intheraw.blogspot.com/2009/05/how-to-make-raw-cultured-vegetables.html>

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