

## RECIPES

You can ferment just about anything using the general guidelines on the previous page. Some of our favorites are included below.

### Sparkly Carrots with Ginger

- 1 wide mouth pint mason jar
- 1 ¼ cups (about 3 large) organic carrots cut into ¼ " coins
- 1" fresh ginger, peeled and sliced into super thin coins
- 1 TB kosher salt dissolved in 1 cup water

Layer carrots and ginger in the jar. Combine salt with water, stirring to dissolve, then pour it over the carrot combination. Leave 3/4" space between the top of the brine and the top rim of the jar. Apply fermenting cap, filling airlock halfway with water, and store 4-6 weeks at room temperature. Taste and refrigerate.

### Tangy Giardiniera

- 1 wide mouth ½ gallon mason jar
- 1 small head broccoli broken into smaller finger-food-sized heads
- 1 small head cauliflower broken into smaller pieces as above
- 1 red bell pepper cut into strips about ¾" wide
- 15 cloves garlic, peeled and left whole
- ¼ sweet red onion chopped into 1" cubes
- 4 carrots peeled and sliced into ¼" coins
- 1 bunch (about 1 cup whole leaves) fresh basil
- 3 TB kosher salt dissolved in 3 cups water

Add basil to bottom of jar then layer remaining ingredients in an attractive manner. Pour saltwater over the veggies, leaving 3/4" space between the top of the brine and the top rim of the jar. Apply fermenting cap, filling airlock halfway with water, and store 4-6 weeks at room temperature. Taste and refrigerate.



## Fermenting Set

### Ferment Just About Anything In Three Easy Steps

- 1) Add produce to a wide-mouth mason jar
- 2) Pour saltwater solution over the produce
- 3) Attach FARMcurious Fermenting Set

Venture beyond sauerkraut & kimchi to try sparkly carrots with ginger, tangy giardiniera and more!

Recipes & support at  
[www.farmcurious.com/ferment](http://www.farmcurious.com/ferment)



## WHY LACTO-FERMENT?

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Fermentation was originally used to preserve seasonal foods for long periods of time. Increasing research indicates that eating live lacto-fermented foods contributes to the health of the human microbiome - that's the makeup of all the bacteria that live in and around the body. A healthy microbiome seems to be related to better general digestive health, a stronger immune system and resistance to harmful bacteria.

Lacto-fermentation also pre-digests food making some nutrients more bio-available to our bodies. The process of fermentation also creates some vitamins where they didn't exist before, making our food more nutritious.

Start enjoying lacto-fermented food today!

## USING YOUR FERMENTING SET

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Wash the ReCAP lid, rubber stopper and the airlock in warm, soapy water and rinse well. Insert the narrow end of the airlock into the top of the stopper. Open the flip-top lid on the ReCAP and insert the rubber stopper into the hole

Remove the clear airlock lid to fill the airlock halfway with water and replace the lid.

Into a clean, wide-mouth canning jar, add any chopped produce and pack down tightly. Add enough salt water (2 ½ tsp sea salt to each 1 cup water) to cover the produce entirely, leaving about 3/4 *inch* of space between the top of the brine and the rim of the jar.

Attach the lid with airlock to the jar and leave in a cool dark place for 3-6 weeks to ferment. Within 24 hours you might see bubbles rising to the top – this is carbon dioxide produced during fermentation (it's what makes kimchi taste fizzy).

After about four weeks, taste your creation to get a sense of how it changes over time. A longer fermentation will create a tangier product. While fermentation can happen at room temperature, the key to a superior ferment is having a cool, dark location, which is why many traditional societies buried fermentation vessels in the ground.

When the acidity and texture have reached your preferred level, remove the stopper & airlock, close the flip-top lid and store in the refrigerator where it will keep for many months.

## HOW TO FERMENT JUST ABOUT ANYTHING

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Use this basic technique to ferment just about any produce. Slice any produce to the thickness and shape\* you prefer (thin ferments more quickly, thick more slowly) or even keep whole (like green beans) then pack into a wide mouth Mason jar. Leave 3/4" of space between the top of the produce and the very top rim of the jar.

Mix 1 TB kosher salt with 1 cup cool water to create a brine; stir to dissolve. Pour saltwater mixture over the produce to cover, leaving an inch between the top of the brine and the jar rim. Make more brine if needed for the size of your jar.

Follow steps on previous page for installing the fermenting cap and storing your cultured food.

**\*SHREDDED PRODUCE HAS DIFFERENT RULES!**

Read :[www.farmcurious.com/weighting-shredded-ferments/](http://www.farmcurious.com/weighting-shredded-ferments/)