

## **Cultured Vegetables**

### Equipment Needed:

Cutting board and knife  
Mason jar either a 500 ml or 1 litre with lid  
Measuring spoons and measuring cup

### Recipe to Make the Cultured Vegetables:

Slices of carrots, celery, cauliflowers, sweet potato and whatever hard vegetables you wish to ferment, peeled if desired  
2 cups springs water  
2 tsp sea salt

Prepare the vegetables. Place the vegetables into a jar. Wedge them in. Mix the water and sea salt together. Once the sea salt is dissolved, pour it into the jar and cover the vegetables. Place the lid on the jar and screw it on tightly. Let it ferment for 10days to 2 weeks. For the first few days, be sure to turn it upside down at least once a day if the vegetables do not stay under the water.

When you open the jar, don't be surprised if you want to

### Alternatives to using a brine:

2 cups water with 1/4 cup whey  
2 cups water with 1/4 cup wine (red or white)  
2 cups water with 1 tsp sea salt and 1-2 tbsp whey

Sea salt helps to keep the vegetables crisp