



Fermentation: Basic Rules

Rules

- Only use water that has no chlorine such as spring water or filtered water – do not use reverse osmosis, distilled or alkalized water. Reverse Osmosis that has been re-mineralized can be used but natural water is best with a normal PH around 7.
- Use glass or plastic for containers – glass or ceramic is best but plastic can be used. Do not use metal of any kind including stainless steel

Rules

- Utensils should be plastic or wooden – no wire whisks or metal spoons
- Always make sure any containers used are clean and soap-free – wash hands before starting
- For straining out vegetables, kefir grains or kombucha scoby, use a plastic mesh strainer – again, no metal.

Rules

- Rules No matter what technique used – vegetables and fruits must be submerged in liquid.
- The liquid may be from the previously fermented vegetables, starter and a salt water brine.
- Ideal room temperature for most items that are being fermented is 70-85 degrees F (21-29 degrees C). If the temperature is too warm it will ferment too fast and could possibly spoil. If is too cold – it could take too long and possibly spoil as well.

Rules

- Use sea salt or Himalayan salt for brines or sauerkraut. Kosher salt is another option
- Vegetables and fruits must stay submerged to prevent mold – if they float to the top – turn bottle upside down daily until gas build up
- Can be weigh down with a double ziploc bag filler with water or other types of weight in a ziploc bag
- A glass jar with weights inside a bigger jar can be used.

Rules

- If making more than one type of fermented food – do not store beside each other – keep a part by a couple of feet
- Once the fermented food has reached the desired texture you like, store in the refrigerator to slow down the fermentation process. It will continue to ferment even in the fridge and can eventually break down to mush



Rules

- If something does not smell right – then it probably isn't – fermented foods always smell like vinegar or in the case of sourdough, yeasty vinegar.
- Be Patient – Decide ahead of time how many days you want to ferment and leave it alone until then, except to release gasses if necessary
- Now you are ready to ferment