

Tips For Making Cultured Vegetables

Cultured Vegetables

- Any vegetable can be fermented or cultured
- The best vegetables to ferment are hard – carrots, celery, cabbage, onions, garlic, zucchini, green beans, kale, Jerusalem artichokes, sweet potatoes
- Soft vegetables such as tomatoes and spinach can also be fermented –
- Combining vegetables into one jar is a great way to get a wide array of nutrients

Cultured Vegetables

- The longer that the vegetables ferment the soft they become as the cellulose fiber is broken down as it ferments
- The process is lacto-fermentation and as the vegetables ferment, lactic acid is produced
- It is an anaerobic process meaning that the fermentation occurs without oxygen

Equipment Needed

- Cutting board
- Knife
- Peeler
- Grater (optional)
- Mason jar with lid
- Nylon or plastic mesh strainer

Making The Cultured Vegetables

There are several ways to ferment the vegetables

- With a brine
- With a vegetable starter like Caldwell's
- With whey drained from yogurt or kefir
- With wine – red or white
- Juice from previous batch

Making The Cultured Vegetables

- Brine will take the longest to ferment: 7-14 days
- Whey, wine and vegetable starter are all adding good bacteria strains to the mixture which will make it ferment faster than brine
- However, the strains are from other fermented foods and may prevent the natural strains of the vegetable from developing

Making The Cultured Vegetables

- Prepare the vegetables by cutting, grating or chopping to the size you want
- Add the vegetables to a mason jar
- If using brine, make it and pour into the jar leaving one inch of space at the top of the jar.
- Place the lid on tightly and leave it to ferment at room temperature - 70-85 Degrees F or 20-29 C for 7-14 days

Making The Cultured Vegetables

- If using whey, wine or vegetable starter, put the vegetables in the jar
- Fill the jar with spring water, leaving at least one inch of space at the top of the jar
- Add 2-3 tbsp of whey, wine or starter (some sea salt can be added as well)
- Place the lid on tightly. Leave it to ferment at room temperature - 70-85 Degrees F or 20-29 C for 2 - 7 days

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Tips

- When making culture vegetables, think about how you want to use them – this will determine size and variety
- Feel free to add herbs and spices to flavour it how you like it best
- The key is to create something you will eat on a regular basis to get the beneficial bacteria, nutrients and enzymes into your body