



## STARTER CULTURE FOR MAKING RAW FERMENTED VEGETABLES

### Instructions for Making Fermented Vegetables

1. Prepare your vegetables and fermenting jar or crock\*:

Vegetables, lbs	5	10	20
Starter culture, sachets	1	2	4
Pure salt, tbsp	3	6	12
Unchlorinated water, cups	2 for salt + 1 for starter	4 for salt + 2 for starter	8 for salt + 4 for starter

2. Shred or slice your vegetables, using a sharp knife or a food processor.
3. Dissolve the salt in water. Stir well.
4. In a separate container, dissolve the starter culture in water, stir well, and let the solution sit for 10 minutes to activate the bacteria.
5. Add the starter and salt solutions to the prepared vegetables and mix thoroughly to ensure even distribution. Add herbs, spices or other ingredients to taste.

6. Tightly pack the mixture into your jar or crock and press down well to make sure that there are no air pockets.
7. Ideally the juice from the mixture should cover the top of the vegetables. Leave a headspace of 2 inches above the juice, to allow for expansion. If you have a non-porous weight that fits neatly into the container, place this on top of the mixture to keep the vegetables submerged.
8. Put the lid on the jar or crock and let it ferment at room temperature (70F) for 7 to 10 days. The mixture should form bubbles and may expand as the fermentation proceeds.
9. Store in the refrigerator or in a cool place once fermentation is complete. The fermented vegetables are ready to eat at this stage, but will improve as they mature at around 40F. You'll notice that the flavor improves and mellows over time.

\*Special fermenting jars with airlock lids, or crocks with water seals, are ideal for fermenting vegetables. They allow the gas from the fermentation to escape, without exposing the vegetables to the air. But regular mason jars or jars with clamp-down lids work well too. Use what you have, and start fermenting!



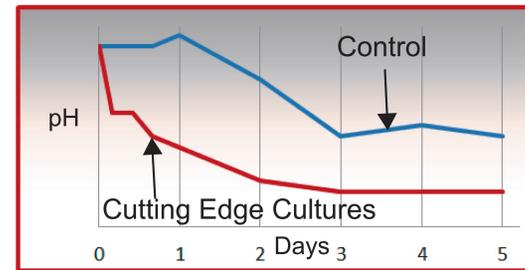
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### Some background information...

Successful fermentation relies on a combination of suitable temperature, clean equipment, and a good starter culture. If some or all of these variables are not appropriate, the vegetables may not acidify quickly enough for the fermentation to succeed.

- The ideal temperature for fermenting vegetables is a constant 70 degrees Fahrenheit (20 degrees Celsius). Try to place your jar or crock in a spot where you can maintain this temperature while the vegetables are fermenting (7-10 days).
- Salt is essential for the quality and safety of the fermentation process. Always use pure salt or sea salt without additives. Finely ground salt is easier to dissolve.
- Use pure unchlorinated water. Chlorine can kill the friendly bacteria.
- Make sure that all your equipment and containers are very clean.
- Try to select organically-grown vegetables, herbs, and spices for your ferments. The chemicals used in conventional agriculture may disrupt the fermentation process.

Our unique starter culture provides a boost of the specific bacteria strains required for successful lactic acid fermentation. The results of an independent laboratory test show that, when used correctly, our starter can kick-start the fermentation process by rapidly reducing the acidity of the vegetables (measured in pH) in the first 24 hours, and throughout the remainder of the fermentation period, compared to fermenting without a starter.



The early stages of fermentation are crucial in order to achieve a high-quality product. A rapid pH drop also helps to eliminate pathogens, molds, and yeasts, which are less likely to survive in an acidic environment.

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