

## Dr. Mercola's Fermenting Recipe for Vegetables

from [www.mercola.com](http://www.mercola.com) (Watch preparation on [www.youtube.com](http://www.youtube.com))

You can do wild fermentation, or allowing whatever is on the vegetable or fruit that you're culturing to simply take hold and culture the food. However, this method is very time-consuming.

It is suggested that you inoculate the food using a starter culture to speed up the fermentation process.

Here's a summary of Caroline's recipe for making your own fermented vegetables:

- Shred and cut your chosen veggies.
- Juice some celery. This is used as the brine, as it contains natural sodium and keeps the vegetables anaerobic. This eliminates the need for sea salt, which prevents growth of pathogenic bacteria.
- Pack the veggies and celery juice along with the inoculants (starter culture, such as kefir grains, whey, or commercial starter powder, all of which can be used for vegetables) into a 32-ounce wide-mouthed canning jar. A kraut pounder tool can be helpful to pack the jar and eliminate any air pockets.
- Top with a cabbage leaf, tucking it down the sides. Make sure the veggies are completely covered with celery juice and that the juice is all the way to the top of the jar to eliminate trapped air.
- Seal the jar store in a warm, slightly moist place for 24 to 96 hours, depending on the food being cultured. Ideal temperature range is 68-75 degrees Fahrenheit; 85 degrees max. Remember, heat kills the microbes!
- When done, store in the refrigerator to slow down the fermentation process.