

Ten Fermenting Tips



Hi I am... Lynn Steen AKA The Gut Goddess! I love to plant the seed. That seed will bloom and give fruit. You will share it with others. The next generation will continue the cycle. The wonderful art of fermentation will never be lost!!!

10 Fermenting Tips



1. **KEEP IT FRESH** Ferment **BEST** quality.

If possible, grown with love and freshly harvested or purchase local or organic vegetables.



2. Choose best quality containers. Gut Goddess is the recycling/repurposing Queen, however, not when it comes to fermentation and bottles.

Our role as a human is small – set the right environment and the mighty invisible organisms (aka The Microbes) do all the work for us.

Containers MUST be oxygen-free – to not allow air in.

Just like the clay pots used by our ancestors. Once you master the fermentation process and have a big garden harvest. A proper fermenting crock is a wonderful investment. You can bottle up a season's supply.

- Glass jars made from high-quality glass and designed to withstand pressure.

The Fido / Le Parfait wire bail jars are designed to release gas through the edges of the rubber seal.

1. 3. **KEEP IT SALTY** Salt of the Earth is a good idea for the safest and yummiest ferment possible.

Vegetables with higher water content will dilute the salt a different amount than those with lower water content.

In other words, even though you can control the salt, you cannot control the amount of liquid in the brine.

We prefer to salt and let vegetables sweat for a few hours or overnight, especially vegetables like pumpkin, eggplant and turnip, bottle and add water of known quality or Bok Choy juice.

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Sauerkraut we chop salt and massage as we go!

Or chop, salt and leave a heavy weight on top.

Salt sucks!!

It will draw out the moisture all by itself!!

No need to add a brine if the vegetable and salt can produce one.

Salt lightly, to taste.

It is easier to add salt than to take it away, but if you over-salt, you can dilute by adding juice and or more vegetables.

We love a long slow ferment.

If it still tastes salty – continue to ferment at room temperature.

• As a general guideline,

about three tablespoons of salt per 4.2 kilos of vegetables or approximately 2 -3 tablespoons of fine Himalayan salt per cabbage head,

or between 2 teaspoons and 2 tablespoons per litre of liquid (for a brine – when you cannot coax moisture from a vegetable

– for example –sliced radish or whole vegetables – (okra, beans, and mushrooms).



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1. 4. KEEP IT SUBMERGED

2. Make sure your “fermentable” are ALWAYS submerged to avoid mould and allow the desirable bacteria (LAB) to thrive in airless conditions.

3. Use a glass weight, clean river rock, bamboo kebab sticks, herb garden twigs, outside cabbage leaves.

4. 5. Store out of direct light. Keep bottles (covered with dark cotton tea towel) and crocks at room temperature, away from direct sunlight and UV light.

5.

6. Place a saucer! Underneath to catch any overflow. Toss the overflow.

1. 7. NO BURPING!!! These babies. If you open the jar – you will expose air and upset the microbial dance!

We were involved in a University study; well, our fermented vegetables were! The findings were. The vegetables fermented in glass containers that were not oxygen-free resulted in acetic acid forming (vinegar) as opposed to gut-loving lactic acid bacteria! At the top of the container and a mix in the middle and some strains of lactic acid at the bottom. The containers opened to ‘burp’ created acetic acid. Vinegar is a digestive aid, but not a pro-biotic! In our kitchen when we ferment, we do so for 2 reasons.

1. For health & 2. For taste. Cabbage vinegar would not be tongue tasty!

1. 8. Fermentation Time Frame Cabbage ferments...

Lactic acid bacteria have definite temperature preferences. At 24 degrees Celsius, will be fermented in about three or four weeks.

2. At a lower temperature, fermentation takes longer—about five or six weeks.

If it gets much cooler, fermentation will not occur.

If very high, fermentation will happen too quickly, leading to a faster decomposition of your tasty ferment and, sometimes less crispy.

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They have microbial activity (alive good bacteria) and will communicate to you.

The bubbles will stop.

Green cabbage will turn to a cream or beige.

Start tasting ... go slow and small to start, until your body adjusts. Fermented foods are to be served as condiment size and mixed in with fresh.

1. 9. Let the vegetables ripen at room temperature. • Approx. 2 weeks for soft veggies – 3 days for tomato (fruit) salsa.

10. Once happy with the flavour and consistency, move the jars into refrigerator.

The fermenting fairies have performed, and the flavour will continue to evolve, even under refrigeration. Kimchi Napa / Wombok / Chinese cabbage has a softer leaf, with less sugar and more water.

3-5 days at room temperature, depending on your taste.

[The Gut Academy Tribe](#)

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