



Full Moon

Time to make Fermentation
Magic!

Lynn i e S t e i n

Super Moon - Linnie Stein

A beautiful evening under the moon with friends and fermentation magic!

We gathered under the total super moon / lunar eclipse with a blazing fire.

Sharing stories with a fermented and fresh food feast.



Our local fermenting workshops had like a lot of events around the world slowed, due to lockdown. The past year and a half has been....intense. If there's one lesson that I learned, it was that spending time with friends and family is not something to be taken for granted.

Super Moon – Lynn Steen

Tonight, we returned with great company and love. The theme...under the full moon + how to mix the fresh and the fermented.

We were in teams and everyone helped make the feast.

We shared stories and thought you might find this one interesting. Lacto - Fermentation has, what you could regard as, “seasons” based on lunar cycles.

If you like the science info read the publication “[Cosmic Influences](#)” from Dolisko, Eugen and L. Kolisko (Agriculture of Tomorrow – originally published in 1939).



At the change of each moon, about 5 days before full and new moon, probiotics will be most active, in terms of growth.

The day/night of full moon at the strongest.

The day/night of new moon they will be the least active, and lacto-fermentation of food suffering in quality.

RIGHT after the change of moon, activity is inactive (dead), wait at least five days.

Five days AFTER the activity is back to normal, continuing to grow until the moon changes.



The period before new moon is very powerful for lacto-fermentation.

This is when the fruit garden harvest are typically juicier and sweeter, and plant growth is accelerated.

It's an accelerated growing period- your kefir will reward you with growth!!

The period before full moon is the same.

Full moon is when animal, insect, and parasites breed.

The most predominant parasites (intestinal parasites) take up lodging in the colon and other digestive organs.

The human digestive tract will often be called “the second brain”

Parasites take their primary place of residency there, and will trigger instinctual behaviour (such as eating or aggressive behaviour if urges aren't met) in order to insure their propagation and well being.

Folklore has many stories of peeps going crazy at full moon – hence the word – lunatics.

What is fantastic for fermentation lovers is lacto-fermentation kills off the critters by making the environment inhospitable. Or, restoring a healthy body ecology instead of an unhealthy one.

Got to love our fermented food family. Goodnight everyone. My grandma would say... sleep tight and don't let the bugs bite Off to have a dash of my super vinegar- that will keep away any super bugs and give me a restful night
Xo, Lynn

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What do you think of the full 🌕 ?

Some say when The Full Moon is here, makes that day, and the next 7 days a really amazing time to call in and create what you want using Full Moon energy. 🌕 ✨