



Intro to Lacto-Fermentation

What is Lacto Fermentation:

- Natural preservation using lactic acid bacteria (LAB)
- Salt creates an environment where beneficial bacteria thrive
- LAB convert sugars into lactic acid
- Lactic acid preserves vegetables and creates tangy flavor
- No vinegar, no heat, no canning required
- A living, probiotic food

Lacto Fermentation vs. Vinegar Preservation:

- Fermentation uses salt + naturally occurring bacteria
- Vinegar pickling uses added acetic acid
- Fermented foods contain live probiotics
- Vinegar pickles are not probiotic
- Fermentation develops flavor over time
- Vinegar creates immediate acidity

Gut Microbiome Benefits:

- Introduces beneficial lactic acid bacteria
- Supports microbial diversity
- May improve digestion
- Supports immune health
- Encourages balance of beneficial bacteria



Making Sauerkraut

Preparation: • Remove damaged outer leaves • Cut cabbage into quarters • Remove the core • Thinly slice cabbage	Weigh & Salt (2.5% Ratio): • Weigh sliced cabbage in grams • Multiply total weight by 0.025 • Add calculated salt amount to cabbage • Example: 1,000g cabbage x 0.025 = 25g salt
Massage & Pack: • Massage salt into cabbage until liquid releases • Pack tightly into jar • Ensure cabbage is fully submerged in brine • Leave 1-2 inches headspace	Maintaining a Healthy Ferment: • Store at room temperature (65–75°F ideal) • Burp jar once daily to release gas • Keep cabbage submerged under brine • Press down if brine level drops
Tasting & Refrigeration: • Begin tasting after 1 week • Most ferments are ready in 1–2 weeks • If desired flavor is reached at any time → fermentation)	Signs of a Healthy Ferment: • Tangy, pleasantly sour smell • Bubbles present • Slightly cloudy brine is normal • No foul or rotten odor

Jar Kimchi

Ingredients

1 small cabbage (cut into squares or strips)
 1 carrot (cut into sticks)
 ½ green onion (sliced how ya like!)
 4 cloves garlic (minced)
 ½ inch piece of ½ tbsp ginger (minced)

¼ cup of hot water
 ¼ cup gochugaru (korean red pepper flake)
 1 tablespoon rice flour
 1 tablespoon sugar
 2 teaspoons fish sauce
 1 teaspoon saeu-jeot (brined shrimp)
 1 tsp salt



Cabbage Prep:

- Slice cabbage in half and remove the core. Cut the cabbage into your desired size and place in a large bowl.
- Cover the cabbage with water and add salt till the water taste like the ocean.
- Let cabbage soak for 15-30 mins.
- Drain cabbage but do not rinse.

Kimchi Paste Prep:

- Mince garlic and ginger with the skin removed.
- Cut carrot into thin sticks and slice green onions.
- In a bowl add hot water and the rice flour. Mix until it forms a thick slurry.
- Add carrot, garlic, ginger, onion, red pepper flake, fish sauce, brined shrimp, and salt to the slurry and mix well to complete your paste.

Jar it up:

- Grab your clean jar and put on a glove. Put a small half inch layer of cabbage in the jar. Add a small layer of kimchi paste on top.
- Repeat until jar is full and then give a good shake.

You just made your own kimchi! You can absolutely eat it fresh but the flavor develops and becomes more tangy as you let it ferment. Sit it 2-3 days on the counter top making sure to burp the jar every day. After those 2-3 days place it in the fridge where its flavor continues to develop over weeks.

For long-term storage make sure to press kimchi down back into its brine after eating. Always use clean utensils to scoop out portions. Feel free to experiment with other vegetables!