



BEFORE YOU BEGIN

Be sure to sanitize your KrautKeeper™, surfaces, hands, and other tools you'll need. Prepare vegetables according to your preferred recipe.

THE HARDEST STEP IS WAITING!

1. Fill a clean jar with your prepared cabbage or any other vegetable you'd like to ferment. We recommend not filling higher than $\frac{3}{4}$ of the way up.
2. Fold KrautKeeper™ in half, then in quarters. Insert into the top of the jar and allow to expand inside the jar.
3. Press the KrautKeeper™ onto the vegetables. Add brine to fully submerge, at least up to the top of the KrautKeeper™. (If you love kraut juice like we do, add as much brine as you like!)
4. Secure lid with airlock or be sure to burp your jar as needed if you don't have an airlock.
5. Follow the directions for your individual ferment to complete and ENJOY!



NOTE:

The KrautKeeper™ is specifically designed to fit most standard gallon glass jars.

TIP! If you notice a build up of bubbles on the surface of the brine, open lid and skim surface with a clean spoon. This is very natural.

LOGGING

The backside of this card can be used to help track your fermentation projects!

**FUN
TIMES
AHEAD!**