Why Ferment???
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Three Reasons:

To preserve abundant supply (harvest)
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To add nutritive value and probiotics
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To preserve abundant supply (harvest)

To add nutritive value and probiotics

To improve flavor (taste better)
How to Ferment?

Suppress bad bugs
(taste bad, make you sick)
To do this, add salt
Maybe a LITTLE acid too
(lemon juice or vinegar)
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Then refrigerate or leave at room temperature
And then???

Enjoy for one to twenty months!!!
Any Questions?