

Why Ferment???

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Three Reasons:

To preserve abundant supply (harvest)

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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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(3 days to 3 weeks to taste)

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(lemon juice or vinegar)

Incubate at room temperature (3 days to 3 weeks to taste)

Then refrigerate or leave at room temperature

And then???

Enjoy for one to twenty months!!!

Any Questions?