

## ITALIAN GREEN BEANS

### Ingredients:

¾ - 1 lb fresh green beans (or wax beans)

1-2 cloves garlic

½ tsp dry oregano

½ tsp dry basil

½ tsp dry thyme

2 tsp sea salt

½ tsp culture

Luke warm water (as needed), preferably non-chlorinated

1 qt. mason jar

Chop up green beans into 1 inch long pieces and place in bowl. Mince garlic cloves and add minced garlic and spices with green beans in bowl. Mix well.

Place vegetable mixture into 1 qt. mason jar, pushing down on veggies to get as much in as possible. Add salt and culture. Add enough lukewarm water to jar to bring level about ½ - 1 in below top of jar. Put lid on jar, and shake jar to evenly disperse culture and salt. Place in a warm (70 – 80F) place out of direct sunlight, and allow to sit for at least 3 days, and up to 14 days. Once fully fermented, refrigerate.

### NOTES:

1. You should place jar in a dish to catch leaking water, as the pressure in the jar can make the jar leak
2. Make sure the contents get fizzy. If they do not get fizzy, discard the contents, as that is a sign that the lactobacilli did not properly ferment the vegetables and pathogens may have been able to take hold.

## CARROT STICKS/CRUDITE

### Ingredients:

1 lb. carrots

2 cloves garlic

2 tsp sea salt

½ tsp culture

Luke warm water (as needed), preferably non-chlorinated

1 qt. mason jar

1. Julienne carrots into 2 – 3 in long sticks and put in a bowl
2. Very thinly slice garlic and add to bowl
3. Mix garlic and carrots thoroughly
4. Stuff garlic and carrots into jar
5. Add salt and culture
6. Add enough lukewarm water to jar to bring level about ½ - 1 in below top of jar. Put lid on jar, and shake jar to evenly disperse culture and salt.
7. Place in a warm (70 – 80F) place out of direct sunlight, and allow to sit for 14 days.
8. Once fully fermented, refrigerate.

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## CRUNCHY BROCCOLI STICKS/CRUDITE

### Ingredients:

4 large broccoli stalks (the longer and thicker the stalks, the better)

2 cloves garlic (optional)

2 tsp sea salt

½ tsp culture (Yo Gourmet or Body Ecology, or 2 tbsp raw whey)

Luke warm water (as needed), preferably non-chlorinated

1 qt. mason jar

1. Cut broccoli florets off stalks for other usage
- 2 Trim all woody skin off the broccoli stalks, leaving only the soft inside of the broccoli stalk
- 3 Cut stalks into 2 in long segments, and slice segments into thin sticks
- 4 Coarsely chop garlic cloves
- 5 Place broccoli sticks and chopped garlic into quart mason jar
- 6 Add salt and culture
- 7 Add enough lukewarm water to jar to bring level about ½ - 1 in below top of jar. Put lid on jar, and shake jar to evenly disperse culture and salt.
- 8 Place in a warm (70 – 80F) place out of direct sunlight, and allow to sit for 14 days.
- 9 Once fully fermented, refrigerate.

### NOTES:

3. You should place jar in a dish to catch leaking water, as the pressure in the jar can make the jar leak
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## PEACH AND PLUM RAISIN CHUTNEY

3 peaches

3 plums

½ tsp allspice

1 tsp nutmeg

1 ½ tsp cinnamon

½ tsp ground cloves

¼ cup raisins

1 tsp sea salt

½ tsp culture

Lukewarm water

### EQUIPMENT:

1 Quart mason/ball jar

Chop up peaches & plums to desired size. Place chopped fruit into bowl, and mix well with spice mixture, salt and culture. Place mixture into mason jar, pressing down well. Add in lukewarm water mixture until chutney is covered. Close jar lid tightly, and place in warm area for 2-3 days until product is slightly bubbly. Place in refrigerator.

### NOTES:

1. Do not ferment for more than 3 days at 70F or above
2. If bubbles do not occur, throw out product
3. White spots are yeast, and can be scooped out. A small amount of alcohol can occur naturally in fruit fermentation.

## FALL HARVEST PEAR AND APPLE CHUTNEY

### FOOD:

3 medium apples, preferably Gala or Braeburn

3 pears, not overripe

1 cardamom pod, shell removed and ground

1 tsp nutmeg

½ tsp mace

1 ½ tsp cinnamon

1 tsp fennel seed, ground

½ tsp ground cloves

1 tsp ground ginger

1 tsp sea salt

1 packet yo'gourmet, in 1 cup lukewarm water

### EQUIPMENT:

1 Quart mason/ball jar

Mortar & pestle

Grind up cardamom and fennel seed in mortar & pestle, and mix with other spices and salt. Chop up apple & pear to desired size. Place chopped fruit into bowl, and mix well with spice mixture. Mash gently, and place mixture into mason jar, pressing down well. Add in yo'gourmet/water mixture until chutney is covered. Close jar lid tightly, and place in warm area for 2-3 days until product is slightly bubbly. Place in refrigerator.

## CLASSIC SAUERKRAUT

### FOOD:

1 large head of cabbage

2 tsp caraway seed

1 tbsp sea salt

Non-chlorinated water

### EQUIPMENT:

1 Quart mason/ball jar

Large metal bowl

Potato masher

Peel off any older, discolored cabbage leaves. Cut cabbage into quarters, and thinly slice into  $\frac{1}{4}$  in thin, long strips. Place all cabbage into large metal bowl, add salt and caraway seeds, and mash with potato masher until cabbage starts to expel water and becomes flat and soft (about 5 minutes of mashing). Once this is done, put cabbage into quart jar. Push down hard onto cabbage, until cabbage juice covers sauerkraut. If there is not enough liquid from the cabbage itself, add non-chlorinated water until cabbage is fully covered. Close lid tightly and allow to sit at room temperature for at least 1 week, and up to 6 weeks for full flavor.

Note: Give at least one inch of space at top of jar to allow for expansion from gassing from fermentation.