

# *The Art of Fermentation*

## Ways to Ally With the Amazing Micro-bio-diversity Within and Around you

### **BASIC BRINE SOLUTION**

1TBS Salt (sea salt or kosher)  
1Cup non-chlorinated water  
Stir until salt is dissolved

### **BRINED GARLIC**

-Fill desired size jar with peeled, whole garlic cloves  
-Cover with basic brine solution  
- Ferment for 1-4 weeks. Burp jar.  
-Refrigerate to slow process

*Adapted from Wild Fermentation by Sandor Katz*

### **KIMCHI**

Sea Salt, Cabbage (napa, bok choy), daikon, red radishes, carrots, onions (leeks, shallots), garlic, red chilies, fresh ginger root.

-Chop cabbage and onions, slice radishes, carrots, chilies and garlic, grate ginger.  
-Mix in bowl adding salt as you go to draw out juices . Roughly 3TBS salt per 5lbs of vegetables.  
-Pound to further release juices, pack in jar and weight down to keep kimchi submerged under brine. Burp jar to release CO2.  
-Ferment for 1-4 weeks. Refrigerate to slow process.

### **SAUERKRAUT**

-Grate or chop cabbage-adding salt to draw out liquid (3TBS per 5lbs)  
-Pack desired size jar with grated cabbage, tamp down to get out air bubbles and to bring out more liquid.  
-Weight down so cabbage stays under brine. Burp jar to release CO2  
-Ferment for 1-4 weeks. Refrigerate to slow process

### **GINGER CARROTS**

-Grate carrots and ginger (3inch piece per 3lbs carrots) adding salt as you go to draw out liquid. (3TBS per 5 lbs vegetables)  
-Pack desired size jar with mixture, tamping down as you go to get out air bubbles and to release juices.  
-Weight down so mixture stays under brine. Burp jar to release CO2  
-Ferment for 1-4 weeks. Refrigerate to slow process

*Adapted from Nourishing Traditions by Sally Fallon*

## KOMBUCHA

-3 1/2 - 4 qts of non-chlorinated water

-1 1/2 cups sugar

-1 tsp. sea salt

-3 TBS. black tea

-Boil water and tea dissolving sugar and salt. Cool to room temperature. Pour into a 1 gallon wide mouth jar. Place kombucha SCOBY on top, cover with cheesecloth.

-After 10 - 17 days it will turn from sweet to vinegary. Don't want it rotten, wooden or musty smelling. Bottle in glass, screw top bottles. You can add fruit or other flavorings at this point and leave out on counter for another day or so for a secondary fermentation. Refrigerate to slow fermentation.

## HIBISCUS AND SUMAC SODA

-1/4 cup dried hibiscus flowers, 1 TBS sumac berries, 1/2 cup honey, 1 cup yogurt whey, juice of 1/2 lemon, non-chlorinated water

-Mix ingredients together in a 2 quart jar, screw on lid and place on counter for 1-4 days.

-Strain into 2 glass bottles with screw tops. Leaving 2-3" headspace for CO2 to build.

-Let ferment further on counter for another 2-4 days, transfer to refrigerator. Drink anytime.

*Adapted from Full Moon Feast by Jessica Prentice*

## WILD YEAST HONEY WINE

3 cups honey

12 cups non-chlorinated water

1-2 handfuls fresh plant material (ex. lemon balm, lavender, yarrow flowers, violet)

Stir honey, water and plant in a wide mouth 1gallon jar until honey is dissolved

Cover with cheese cloth, stir 2x a day (or more) until mixture froths (7-10 days)

Strain out plant material, transfer honey water to clean 1 gallon apple juice type jug.

Put airlock or balloon on and let it ferment until bubbling slows (if using a balloon release pressure daily)

Drink now or transfer to bottles to age. (Bail cap bottles like Grolsch work well)

*Adapted from Wild Fermentation by Sandor Katz*

**Resources:** Wild Fermentation and Art of Fermentation by Sandor Ellix Katz

Nourishing Traditions by Sally Fallon

Full Moon Feast by Jessica Prentice

**Fermenting Supplies:** Lehmans non-electric catalogue ([www.lehmans.com](http://www.lehmans.com))

G.E.M. Cultures ([www.gemcultures.com](http://www.gemcultures.com))

**Suzanna Stone**

[www.owlcrafthealingways.com](http://www.owlcrafthealingways.com)

[owlcrafthealingways@gmail.com](mailto:owlcrafthealingways@gmail.com)

P.O. Box 13 Scottsville, VA 24590