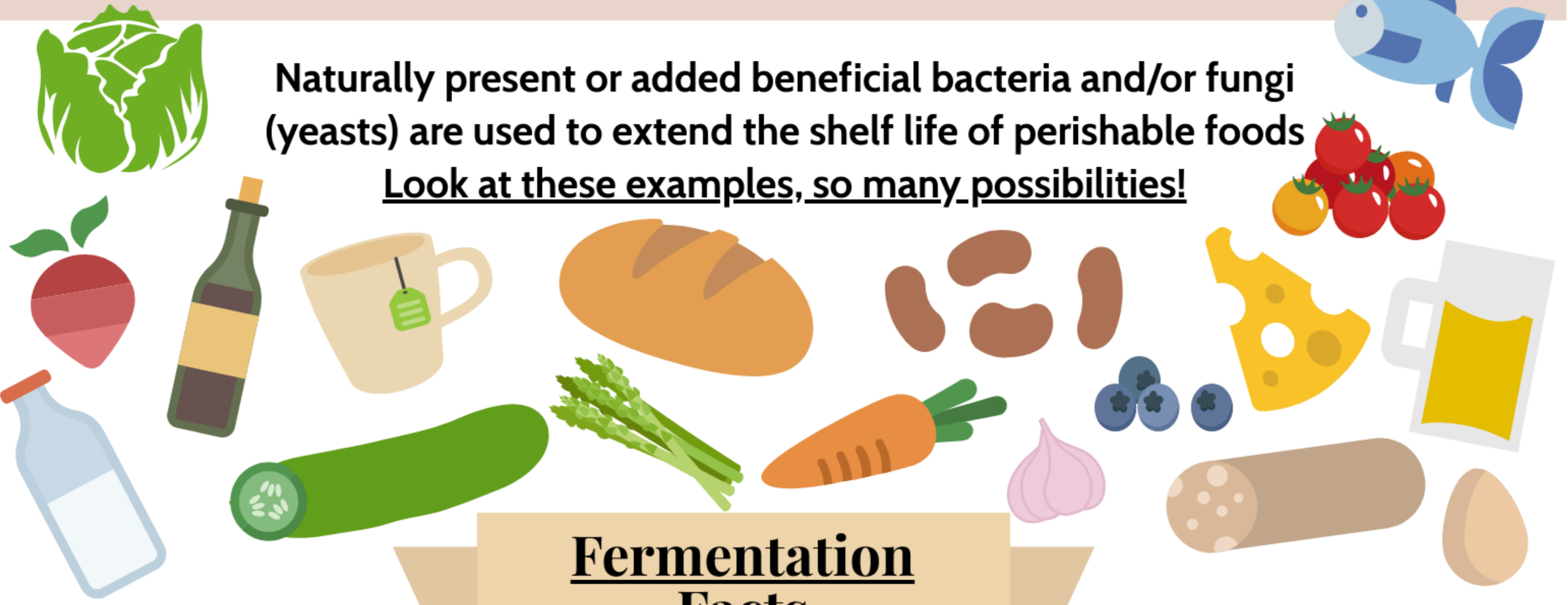


Fermented Foods

Traditional Microbial Wisdom

Naturally present or added beneficial bacteria and/or fungi (yeasts) are used to extend the shelf life of perishable foods
Look at these examples, so many possibilities!



Fermentation Facts

Improved nutrition

Microbes can increase levels of folate, vitamins K, B2, B9, B12 & antioxidants

Microbes start digestion

Suitable for sensitive tummies!
Reduces gas and bloat from fiber-rich food
Reduces lactose content in dairy

Food becomes probiotic

Can boost immune system & metabolism
Balances good & bad microbes in the gut
Microbes produce other beneficial substances

Foundations of Fermentation

~ Consistent temperature
~ Microbes produce acids that drop the pH & inhibits bad bacteria

Some ferments need oxygen & others need oxygen-free environments

Plant-based ferments are naturally vegan, lactose, dairy and gluten-free

Microbes were discovered by modern science 350 years ago, but humans have been fermenting for over 9000 years.

Are we more microbial than human?

We have just as many microbes on our bodies as we do human cells, if not more!

Happy microbes, Happy humans!

Research has found that gut microbes can influence almost every system in our body.

History Lesson

In the late 1800's the Nobel prize winning biologist Elie Metchnikoff noted that people who consumed fermented foods daily seemed to live longer & healthier. This was considered absurd for the time- but considering what we know now, was he that far off?

6 Step Ferment

Cut veggies, 3.5 cups
Filtered water, 1 Liter
Salt, 1.5 Tbs
Bay leaves, 3-4
Jar boiled to sterilize, 1L
Herbs, garlic & spices to your liking

1. Put cut veggies & seasonings in the 1L jar.
2. Dissolve salt in water to make brine.
3. Use as much brine as needed to cover the veggies.
4. Keep veggies under liquid with a weight, a bag filled with water works great!
5. Put on a tight lid & leave to ferment at room temperature for 4-6 days.
6. Open and re-close jar every other day to release pressure, it might bubble over, so put it on a plate.

Store in the fridge up to ~3 months & enjoy your cultured friends!

Sources: Meleni F, et al. (2019). Health-Promoting Components in Fermented Foods: An Up-to-Date Systematic Review. *Nutrients*, 11(5). doi: [10.3390/nu1105118](https://doi.org/10.3390/nu1105118).
Stiemsma LT, et al. (2020) Does Consumption of Fermented Foods Modify the Human Gut Microbiota? *Journal of Nutrition*, 150(7). doi: 10.1093/jn/nxaa077