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.
- Consistent temperature: Microbes produce acids that drop the pH & inhibits bad bacteria.
- Some fermentations need oxygen & others need oxygen-free environments.
- Plant-based fermentations 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.
- Happy microbes, Happy humans!: Research has found that gut microbes can influence almost every system in our body.

**Foundations of Fermentation**
- Are we more microbial than human?: We have just as many microbes on our bodies as we do human cells, if not more!

**6 Step Ferment**
1. Cut veggies, 3.5 cups
2. Filtered water, 1 Liter
3. Salt, 1.5 Tbs
4. Bay leaves, 3-4
5. Jar boiled to sterilize, 1L
6. 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!

**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?

Sources: