

From the July 2020 note:

Dear Gluten Free Friends,

See <https://www.culturesforhealth.com/> for how to's and recipes for fermented vegetables and supplies for sale.

Recipes below come from Nourishing Traditions by Sally Fallon, Available at the public library. Fermented Foods at the end of the book. Gaps.me books suggest this book.

Here is the recipe for fermented ginger carrots:

4 cups grated carrots (I cut carrots in skinny sticks.

1 Tablespoon freshly grated ginger

1 Tablespoon sea salt 4 Tablespoon whey, if not available use an additional 1 Tablespoon of sea salt.

(I use the additional sea salt) Whey comes from your homemade yogurt with the whey drained from the yogurt. The leftover yogurt makes a thick cheese. If you do not tolerate dairy or do not want dairy just use that extra sea salt.

Goes well with rich foods and spicy meats.

In a bowl, mix all ingredients and pound with wooden pounder or meat hammer to release juice. Place in quart-sized wide mouth mason jar and push down firmly with pounder until juice covers the carrots. The top of the carrots should be at least 1 inch below the top of the jar. Use a weight like a plastic bag filled with water (plastic has chemicals in plastics.) or a glass weight (for sale at Cultures for Health.com). Cover tightly and leave at room temperature for about 3 days before transferring to cold storage (back of refrigerator).

Pickled Cucumbers, Makes a quart

4-5 pickling cucumbers or 15-20 gherkins

1 Tablespoon mustard seeds (I leave out as I do not tolerate)

2 Tablespoons fresh dill, snipped

1 Tablespoon sea salt 4 Tablespoons whey. (If not available use an additional 1 Tablespoon sea salt)

1 cup filtered water

Wash cucumbers well and place in quart-sized wide-mouth jar. Combine remaining ingredients and pour over cucumbers. The top of the liquid should be a least 1 inch below the top of the jar. Cover tightly and keep at room temperature about 3 days before transferring to cold storage.

Variation: Pickled Cucumber Slices

Same as above but slice cucumbers and keep at room temperature 2 days before transferring to cold storage.

I use a weight for each of these until after I open to use. The weight keeps the pickles under the juice.

Sincerely,

Elaine Rubel