

Fermenting Quick Start Guide

- Take your fruit or veggies that you want to ferment.
- Wash. Peel/slice if necessary. (example: carrots)
- Put fruit/veggies in a quart size mason jar. (1 quart = 2 pints)
- Add garlic or spices if desired. (example: garlic and dill with carrots)
- Add ½ tsp Body Ecology Culture Starter OR 2 tbsp liquid whey (optional).
- Add 1-2 tsp sea salt. (If you are not using a starter, use more salt)
- Fill with filtered water.
- Press down to ensure food is below brine. Leave a 1 1/2 inch head space.
- Use a weight if necessary.
- Tighten lid and leave at room temp.
- Rule of thumb is 24-48 hours for fruit; 5+ days for veggies.
- Taste to see if it is to your liking.
- Transfer to refrigerator.
- Enjoy

