



TIPS AND TRICKS

Rinse sundried tomatoes and spices under boiling water briefly to reduce bacteria and yeasts on the surface of these items, typically stored in the kitchen or retail for months. This will help you have a more predictable and safe ferment.

VEGGIE MASHUP

With a little bit of everything this is a great way to encourage microbiome diversity while adding a punch of flavour to soups, dressings, dips and more. Use in the place of salt or a bullion cube.

SERVINGS: 2
PREP TIME: 20 MINUTES
FERMENT: 7-14 DAYS

INGREDIENTS

4C herbs/greens
5 heads garlic
1 head celery
2 red onions
2 spicy peppers
1 red pepper
1/2C sundried tomatoes
1/4C salt (and 2L water) for brine

Optional: ginger, turmeric, mustard seeds, black peppercorns, celery seed

DIRECTIONS

- 01.** Chop all veggies/herbs into small pieces
- 02.** Add 1/4C brine or one package of starter to a 1.9L mason jar (or two quart jars).
- 03.** Place vegetables and herbs in the jar until full and top with brine so that it is covering your vegetables.
- 04.** Let stand at room temperature for 7-14 days (check at 7 and again at 10 days).
- 05.** Blend veggies and brine until a smooth paste is formed.
- 06.** Freeze in ice cube trays (if desired) and add to your favourite recipes in place of miso/salt/bouillon