



New Vitality

Holistic health from a biblical perspective



Old Fashioned Probiotics & Enzymes: Cultured Horticulture

What did people do before store bought, bottled probiotics in capsules? They made their own! Nearly every culture in the world has a version of cultured or fermented foods that they consume regularly. Cultures with the longest living people all consume cultured foods, attesting to their health benefits. These foods increase beneficial bacteria which lay the foundation for a healthy gut and hence a healthy immune system, healthy neurotransmitter production, and adequate enzyme stimulation, along with many, many other benefits!

Guidelines:

- Shred, thinly slice or finely chop vegetables, fruit or a combination of both. **The finer they are, the quicker they will culture.**
- Disperse 1 tsp of SEA SALT total for 1 quart of vegetables, and layer vegetables into a wide-mouthed, 1 quart jar. Sprinkle each layer with some of the salt, and mash with a beer bottle to get the juices flowing. **SEA SALT is key because it is a natural source of important minerals other than natural sodium.** Salt from the Himalayas and cold waters are the purest forms-- avoid warm water salt sources, such as the Mediterranean.
- Add 1-3 T. of starter from a previous batch to speed the fermentation (culturing) process, then top off with purified water -OR- simply add purified water to cover the vegetables. Water alone will take longer to culture, but no biggie! Average time is 1-2 weeks per quart.
- Use a cabbage leaf to push down vegetables and loosely seal the jar with a lid -OR- insert a beer bottle into the jar to push down vegetables and displace water so that vegetables are COMPLETELY submerged. **Complete submersion is VERY important in order to prevent the formation of harmful molds and bacteria!**
- Store in a warm, dark place and check vegetables every few days, jiggling out air bubbles, loosening the lid to release gases, sampling the flavor, and ensuring that no mold or bacteria are growing. If you do notice mold on the cabbage leaf "lid," then simply replace with a fresh piece of cabbage, and push down contents of the jar to keep everything completely submerged.
- When vegetables reach the level of sourness desired, then seal the jar tightly with a lid and store in the refrigerator. This will stop the fermentation process, and these vegetables will last for months!
- Eat 1 t. to 1/3 cup per day, starting slow and working your way up to prevent adverse reaction (diarrhea).
- Experiment with different spices and combinations of fruits and/ or vegetables, then let me know what your favorites are-- I would welcome the new, fresh ideas! **Happy Culturing!** 😊



A few of my favorite combinations: 1) cabbage, beets, garlic, carrot; 2) cabbage, Anaheim peppers, carrot; 3) plain old beets

L'chaim-- To Life!



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Mollie's Favorites:

<http://www.lifesongnutrition.com>

Option #1

Cabbage

Apples

Oranges

Lemons

Cranberries (fresh or dried-- dried cherries work well too)

Option #2

Beets

Carrots

Ginger

Cinnamon (1/4 t. per layer)

Commercial Favorites:

Option #1:

Cabbage

Leeks

Carrots

Horseradish

Sea salt

Option #2: Zuke—Dill & Caraway

Cabbage

Carrots

Dill seed

Fennel seed

Caraway seed

Sea salt

Option #3: Zuke—Beets, Dulse & Kale

Beets

Kale

Garlic

Seaweed

Sea salt

Option #4: Zuke—Kimchi: Napa & Garlic

Napa Cabbage

Cabbage

Onion

Shallot

Ginger

Garlic

Chile Powder

Cayenne Pepper

Paprika

Sea salt

Option #5: Zuke—Citrus & Ginger

Cabbage

Lemon

Ginger

Sea salt

Julie's Favorites:

Option #1:

Cabbage

Carrot

Peppers

Option #2

Summer squash

very small amount of onion

Option #3

Daikon, thinly sliced

Option #4

Beets

Cabbage

Carrots

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