



# Ferment Any Vegetable in Brine

Use any vegetable that can be sliced or cubed or small veggies that remain whole..

## Ingredients:

- 3 lbs cubed radish, beet, turnip, cut beans, cauliflower florets, onion, carrots, etc
- 1 Tablespoon natural sea salt
- (4 Tablespoons whey if available)
- Filtered water

## Instructions:

1. Place whole, sliced, or cubed vegetables into a quart-sized wide-mouth jar.
2. Combine the water and salt, then pour the mixture over the vegetables.
3. Add herbs or spices at this time.
4. Add more water if necessary, ensuring the vegetables are completely submerged in the brine.
5. The liquid level should be about 1 inch below the top of the jar.
6. Place a cabbage leaf or a weight over the vegetables, allowing the brine to fully cover them.
7. Secure the jar with a lid and keep it at room temperature for 3-5 days.
8. Place the jar on a tray or plate to catch any liquid that may overflow during fermentation.
9. Check the jar daily and skim off any scum that forms on the surface.
10. Once fermentation is complete, transfer the jar to the refrigerator or cold storage.