



Nourish yourself for Life!

Heidi Symonds, Health Coach

Fermented Veggies & Gut Health

Though the term "fermented" sounds vaguely distasteful, the results of this ancient preparation and preservation technique -- produced through the breakdown of carbohydrates and proteins by microorganisms such as bacteria, yeasts and molds -- are actually delicious. Even more so, **they are so beneficial to overall health that some of these "functional foods" are now considered to be "probiotics,"** increasing your overall nutrition, promoting the growth of friendly intestinal bacteria, and aiding digestion and supporting immune function, including an increase in B vitamins (even Vitamin B12), omega-3 fatty acids, digestive enzymes, lactase and lactic acid, and other immune chemicals that fight off harmful bacteria and even cancer cells.

As you can see the benefits are great and it's so easy to do.... So let's go!



Step 1: Use any size mason jar-just depends on what you have for veggies. Just make sure the jars are clean and dry. The veggies should go almost to the top.

Step 2: For peppers you can either put slits in them or chop them into chunks or strips. For the onions, I thinly slice them. A mandolin would be great for this job!

Step 3: Stuff the peppers, onions, cabbage, carrots- whatever veggie you like down into the jar. Really get your hands in there and stuff/mush them down inside the jar. You want to get as much air out as possible and not allow the veggies to float to the surface once you add water. So do be afraid. Jam them down in there!



Step 4: Add water. You can use distilled water or purified water. Fill jar almost to the top, covering the veggies, but leaving a few centimeters at the top.

Step 5: Add 1/2 to a full tablespoon (depending on the size of the jar) of Himalayan Salt. For an extra dose of probiotic goodness add a tablespoon of whey (see recipe below) if you have it. If not, the minerals in the salt will start the fermentation process just fine.

“Let food be thy medicine and medicine be thy food.”
~Hippocrates

Step 6: Seal the jar and put in a cool dry place for a minimum of a week. The longer you ferment, the better they taste and for some reason...the hotter the peppers get!



Step 7: Check on them every few days to make sure all the veggies are covered and haven't floated to the top. You can open and "burp" the jar to release any pressure. You will hear a fizzy sound as you open it...that's the fermentation process at work. You can use your clean hands to push everything back down into jar and reseal it.

The great thing about fermentation is how long they keep. Leave in the pantry until you are ready to eat them. The sauerkraut is just yummy and the onions and peppers make great side dishes or toppings on salads, rice and beans or fish tacos.

To Make Whey: Line grain strainer with cheese cloth and rest over a bowl. Add 1-3 cups of WHOLE milk Greek yogurt and let drain over night. Pour liquid into a jar and keep in fridge until you are ready to ferment.

Heidi Symonds, Certified Holistic Health Coach, AADP

www.NourishYourselfForLife.com

www.Facebook.com/NourishYourselfForLife.com