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# PRESERVING GUIDE

## LACTO-FERMENTATION

The background of the lower half of the page features three large, stylized jars with red scalloped lids. The left jar contains green vegetables, the middle jar contains yellow vegetables, and the right jar contains pink vegetables. A dark teal circle with white text is overlaid on the left jar.

To eat local  
all year  
long

EARTH  
DAY  
•CA



# LACTO-FERMENTATION

## THE METHOD IN A NUTSHELL

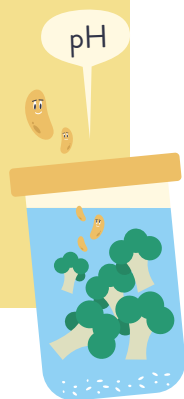
Practised for thousands of years in Asia, this ancestral method has had a seat at our table for several generations. Simply using a jar, water and salt, you encourage the growth of beneficial bacteria—lactic acid bacteria—which naturally transform your vegetables into pickled versions. Invitation to cook and travel!



**Store for:**  
+ 1 year at room  
temperature

### How does it work?

- Pack the vegetables in a jar with water and salt.
- Remaining oxygen will be consumed by the still-living cells of the vegetables.
- In the absence of oxygen, the lactic acid bacteria found on the vegetables become active, multiply and convert the sugars into lactic acid.
- Lactic acid lowers the pH, creating an acidic environment that prevents the growth of harmful microorganisms.
- The vegetables are preserved, and their flavour develops over time.
- Once fermentation is complete, lacto-fermented vegetables can be eaten immediately or stored for months or even years!



## PROPER LACTO-FERMENTATION — FOR SUCCESSFUL FERMENTATION:

- Choose fresh, clean, quality vegetables and cut them into pieces or thin slices.
- Pack the vegetables into a glass jar to eliminate air pockets.
- Make sure that the vegetables stay submerged in the fermenting liquid by using a weight (saltwater pebble, glass, bag filled with water, cabbage leaf).
- Cover the vegetables with filtered or non-chlorinated water mixed with salt and close the jar.
- Place the jar at room temperature, away from direct light.
- After three weeks, you'll have delicious, colourful, crisp, tangy-tasting vegetables, just like a marinade!

### How much salt?

Calculate 2% of salt in relation to the weight of the food to be fermented. Here's an example for a 1-litre jar: **3 cups of vegetables** (550 g), **1 tablespoon of salt** (16 g), **1 cup of water** (250 g).



### What about salt?

Salt promotes the growth of lactic acid bacteria over harmful microorganisms. It also helps to preserve the texture of vegetables and prevent spoiling. Knowing that iodine can prevent fermentation, choose a non-iodized salt (read the ingredients!).

### Lactic = milk? Not at all!

The first time we discovered these bacteria capable of transforming sugar into acid, it was in dairy products... so we called them lactic bacteria. Good for your health, they are behind many of the foods we eat every day: cheese, milk, sausage, yogurt and even vinegar!



## BEWARE, IT'S ALIVE! - MAINTENANCE REQUIRED DURING THE FERMENTATION PERIOD:

- If you use a Mason jar, be sure to release the pressure built up in the jar daily to prevent it from bursting. The "clip-on" jars do it all by themselves.

- Place the lacto-fermentation jar in a larger container to collect any overflowing liquid.



- If you detect mould—spots or fluffy formations (white, blue, green or black)—remove it immediately, place the jar in the refrigerator and eat it sooner.



- Fermentation time is about three weeks at room temperature... during that time, gas bubbles form, the water becomes cloudy, a white deposit forms at the bottom of the jar, and that's exactly what we want!

- For a long-term storage, place the jar in a cool, dark and dry place until consumed (fridge, basement, cold room).

- If this is your first try, feel free to open the jar and taste as you go! Just be sure to place the jar in the fridge once you're satisfied and eat it sooner.

## TREAT YOURSELF TO A TASTE JOURNEY WITH THESE HOMEGROWN VEGETABLES!



**Crunchy cucumbers...** like in Eastern Europe! Choose very small field cucumbers, fresh daily and add garlic.



**Any colour cauliflower!** Cut it into florets and add any spices you like. And... why not some beets for a nice pink colour!



**Beans for the appetizer!** Place small yellow or green beans in a jar and add dill, garlic and chili to taste.