

The fermentation process is a food preservation technique that can **support gut health and digestion.**

How To

ferment your own vegetables

1 Prepare your vegetables. Wash and chop.



2 Sterilise your jars.



3

Prepare your liquid of water, salt & sugar



4

Add vegetables to jar and fill with liquid



5

Submerge vegetables, cover and wait.



There are more than 5000 different kinds of fermented foods worldwide

Watch our step-by-step fermented cabbage recipe



Fermented foods include sauerkraut, kimchi, lacto-fermented vegetables, yoghurt, tempeh and miso