



## *7 Healthy & Simple Fermented Harvest Recipes*

**(For nature's cooler months)**

**Fire Starter, Kombucha, Salsa, Sauerkraut, Yogurt**

**And more.....**

Renee's Favorite Living Food Recipes

[Livingnatureslove.blog](http://Livingnatureslove.blog)

Most of the ingredients in these healthy and simple recipes are probably already in your kitchen cupboard, fridge or growing in your own garden. If not, they are easily available at a local market.

As you develop a pattern for creating these types of fermented foods you will find these ingredients will naturally become what you have on hand! Some of these ingredients you may already have are; apple cider vinegar (raw), sea salt, sugar, tea, milk, beets, cabbage, peppers, tomatoes, ginger, lemons and oranges.

The equipment you may have handy are; knives, peelers, spoons, pots, glass jars (recycled or mason), thermometer, cheese cloth or coffee filters, elastic bands, potato masher, etc.

*After a few ferments I did purchase some items to make fermenting in mason jars more convenient. While not necessary, it has created a simplicity that makes this lifestyle routine doable for me. Anything that is going to make it easy is a good thing. This includes fermenting lids and glass weights.*

*I will admit that starting was clumsy and awkward to begin with. I am no 'Martha Stewart' in the kitchen. The pattern I experienced was that I was the last borne when my mother was exhausted and too distracted to share her kitchen with me. What she gave me instead was a box ¼ filled with used utensils from her kitchen when I moved out at 17! The only thing I learned to make was spaghetti in home economics in junior high. Learning to cook and integrating into a natural lifestyle rhythm took a back seat to working, (in a hotel environment eating 5 star meals with damn good wine to accompany it).*

*Now with my curiosity about culturing yogurt and actually making it in my kitchen I feel like I imagine Martha Stewart does. It continues to be astonishing that these simple ingredients create something so tasty and healthy. The results improve each time and with it I feel an increase of ease.*

*Long story short is that if I can ferment apple cider vinegar, Kombucha, sauerkraut and more, anyone can.*

## Why Fermented Foods

Fermented foods are a natural pro-biotic with the added benefit of other sources of vitamins, minerals and nutrients. These living foods increase the health of one's gut that in turn increases brain health and is emotionally calming. The noticeable differences are increased levels of tolerance, clarity and a restfulness that reduces mental conflict and reactions. These foods are simple, healthy and saves money!

## Why I am promoting Fermented Foods

I find that many of those I have been mentoring have not developed a strong relationship with the food they eat. Many prescribe to a diet, yet not to the actual foods promoted in the diet. It's generally about looks, body-type or diagnosed conditions. I am coming to the conclusion that somewhere along our cultural evolution there is a large number of us that lost connection to the healing and nurturing power of living food. Some areas I am interested in having this power of food support is mental and emotional health and physical function. The differences I personal notice is in motivation, clarity, taking action and vitality levels. I believe I am observing an increase in levels of awareness, intelligence, resilience and flexibility.

In coaching I encourage others stop preaching, teaching and diagnosing in their relationships. These are the three top types of behaviours that led to disappointment and disconnection in any relationship. I have come to observe that if someone is more focused on the trend of diets, they speak with one or more of these three behaviours and what I notice is that they are quick to judge others and themselves. It quickly leads to hopelessness and depression. Looking for another way I discovered that learning about food by growing or being creative nurtures a new experience. Integration replaces memorization. Some of the differences are:

### Trend – Mind Exercise

- Counting calories, portion control, science of diet
- Forced periods of time between eating
- Sometimes a product for bowel elimination required
- Increased energy
- Increased anxiety, stress and focus of attention on rules of eating
- Weight Loss
- Relationship developed on right, wrong, punishment and reward, should and shouldn't
- Results with judgements
- Diet ends, weight returns (focus was on diet, not lifestyle habits)

### Somatic Integration of Fermented Foods – Mind, Body, Emotion and Soul Connection

- Organically eating less, more satisfied
- Naturally inclined to go for longer periods between eating
- Natural increase of gut health and bowel elimination
- Gut is satisfied creating natural reduction in amount of food during and between meals
- Increase of constitutional vitality and energy
- Weight Loss
- Becoming curious about foods and apt to explore foods noticing physical experiences
- Diet ends, weight stay's off (due to lifestyle change in habits)

Here are seven of Renee's favourite home-made fermented recipes:

- **Apple Cider Vinegar** **5**
- **Fire Starter** **6**
- **Beet Kvass** **7**
- **Kombucha** **8**
- **Salsa** **9**
- **Sauerkraut** **10**
- **Yogurt** **11**



### ACV from scratch - growing a mother Scoby (like Kombucha)

#### The Supplies:

- 1 gallon jar
- Cheesecloth (Coffee filter)
- Elastic band

#### Ingredients from cupboard or garden & market:

- 5 organic apples, unwaxed peels & cores
- 1 cup sugar (fermented out)
- Water to cover
- [Weight](#)

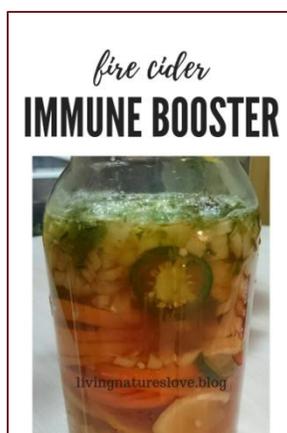
Put apple peels & cores to good use before composting!

#### Instructions:

1. Cut apple, peels and cores into small cubes and add to jar, filling it  $\frac{3}{4}$ 's full
2. Heat water to slow boil and dissolve sugar and letting it cool to room temperature
3. Pour cooled sugar water over apple in jar to cover and leave  $\frac{1}{4}$  inch space at top.
4. Add weight so liquid covers apples.
5. Cover with cheesecloth and hold with elastic.
6. Put in warm place in your kitchen for 3 weeks.
7. The apples will ferment into a cider first and a brown fibrous material or a translucent film may form over top that you can keep to speed up the fermentation process of future batches
8. If mold forms the apples are not submerged properly under the liquid.
9. After 3 weeks strain apples, peels and cores and compost.
10. Replace liquid into warm space for another 3 weeks, stirring every 2 to 3 days.
11. After 3 weeks it is ready to use!
12. Save a small batch of this liquid with the brown fiber can be used to speed up the process of the next batch.

Called a Scoby

Raw apple cider vinegar will have strands of culture in the liquid. This is safe to consume, yet can be strained before use.



### The Supplies:

- 1 gallon jar & lid (covered to not touch vinegar or use [easy fermenting lids](#) that release air)
- [Weight](#)

Only natural  
resources –  
no cooking

### Ingredients from cupboard garden or market:

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• 1 cup fresh chopped horseradish</li> <li>• 1/2 cup fresh chopped turmeric</li> <li>• 1/4 cup fresh minced white onion</li> <li>• 2 whole oranges sliced thin (wash well before using)</li> <li>• 1 large sprig fresh rosemary chopped</li> <li>• 1/2 cup fresh chopped parsley</li> </ul> | <ul style="list-style-type: none"> <li>• 1/2 cup fresh chopped ginger</li> <li>• 1/4 cup fresh minced garlic cloves</li> <li>• 1 fresh jalapeño pepper</li> <li>• 1 whole lemon sliced thin (wash well before using)</li> <li>• 1 large sprig fresh thyme chopped</li> <li>• 2 teaspoons whole black peppercorn</li> <li>• Raw apple cider vinegar</li> </ul> |
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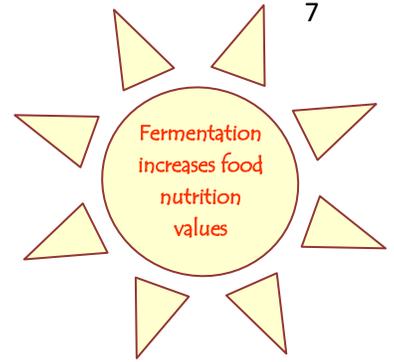
### Instructions:

1. Layer raw ingredients in jar,  $\frac{3}{4}$ 's full.
2. Add a [weight](#) to hold ingredients under the liquid level.
3. Fill jar with raw apple cider vinegar leaving  $\frac{1}{4}$  inch breathing room.
4. Cover with lid and set jar aside for 30 days. If using metal lid, ensure it is covered with filter or saran to not make contact with vinegar.
5. Jostle jar of raw ingredients each day.
6. Filter raw ingredients out of liquid after 30 days. (Use raw ingredients in stir-fry!)
7. Ready to use.

### Shelf Life of Fire Cider & Recommended way of using Fire Cider:

- This brew is a fermented pro-biotic that can last 18 months. Keep refrigerated once opened.
- Fire Cider brew can be taken in 1 oz. shots usually first thing in the morning or added to hot water and honey for a tea. It can also be taken by spoon, teaspoon or tablespoon each day. If run down or feeling cold or flu-like take a couple of tablespoons (1 oz.) 3 to 4 times a day spread out.

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## Beet Kvass Probiotic Tonic

### The Supplies

- 1 gallon jar
- Cheesecloth or Coffee filter or use [easy fermenting lids](#) that release air
- Elastic band

### Ingredients

- 3 to 4 medium unpeeled Beets
- Salt – 1 to 1/2 tablespoons
- Water

### Instructions

1. Wash and cut beets into 1/2 inch chunks leaving peels on.
2. Fill Mason jar  $\frac{3}{4}$ 's full.
3. Add water leaving 1/2 inch at top.
4. Add 1 – 1/2 tablespoons of sea salt.
5. Seal jar and set aside. The recipe I am trying suggests letting it ferment for 2 to 3 days however this is with special fermenting lids. Other recipes using traditional Mason jar lids are suggesting 1 and 1/2 weeks. I will begin with the 2 to 3 days and adjust future batches depending upon the outcome.

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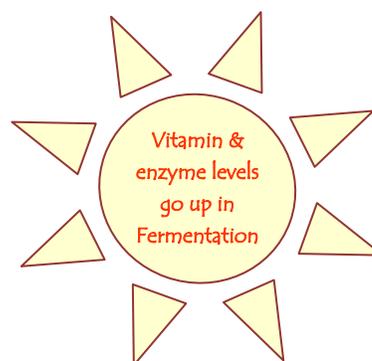
Fermented Tea has been brewed for 2000 years!

### The Supplies

- Large sterilized jar
- Cheese cloth or coffee filter
- Sterilized spoons for stirring
- Pot
- Glass bottles with seal-able lids

### Ingredients

- 10 Black or Green Tea Bags
- 3/4 cup White Sugar
- SCOBY in 1 – 1/2 cup original liquid
- 10 cups of water



### Instructions

1. Heat water to boil and take off heat.
2. Place 8 black tea bags and 2 green tea bags (or any combination) to steep in water.
3. When tea and water is infused to a nice colour remove tea bags and stir in sugar to dissolve.
4. Set aside to cool until room temperature.
5. Once the tea infusion is at room temperature pour into jar.
6. Add SCOBY carefully.
7. Add original ½ to 1 cup of liquid SCOBY was resting in.
8. Put your jar in a consistent 70 degrees Fahrenheit (21 Celsius).
9. In cooler climates it will ferment for 2 to 3 weeks, in warmer 1 to 2 weeks.

“SCOBY will float on top of jar if temp is the same as liquid”.

### Notes

During the fermenting process you are likely to notice a second SCOBY form! This second one can be grown larger to use in fermenting more batches of Kombucha for friends or for flavouring!

Once your Kombucha is ready you can decant this original tea into a pitcher or bottle to keep cool for drinking or you can begin to [flavour your Kombucha](#) with natural herbs and spices such as, turmeric, pepper or ginger. Remember that the sugar content of your Kombucha will increase with any high sugar content fruit added!

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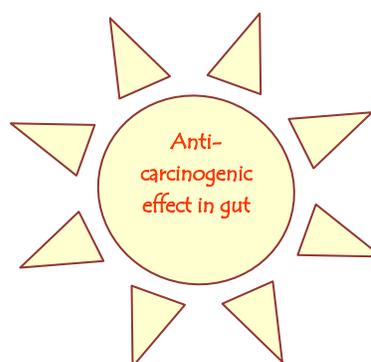
## Fermented Salsa

### The Supplies

- Mason Jar,
- Knife
- Cutting Board

### Ingredients

- 1 large Tomato
- 1/4 cup chopped Cilantro
- 1/4 cup chopped Onion
- 1 Jalapeno Pepper chopped
- 1/2 medium Green Pepper chopped
- Lime & Lemon juice to taste
- Large Clove of Garlic Minced
- 1 teaspoon Salt
- Option: 1/4 teaspoon Whey (I just may have a use for some whey off my home-made yogurt!)



### Instructions

1. Chop all ingredients and mix together with salt, whey, lemon and lime juices in a mixing bowl. The salt will mix together with the juices from the veggies to create its own brine.
2. Let sit in bowl covered for up to 20 minutes to let juices create brine.
3. Add to jar ensuring that the \*juice is higher than the veggies.
4. If you are using a regular Mason jar and lid remember that you will have to release the air each day which is essentially burping the jar.
5. [Glass Weights](#) can be used to make sure veggies stay lower than the juice inside the jar.

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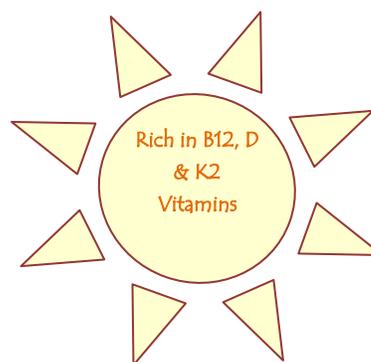
### Sauerkraut

#### The Supplies

- Bowl
- Potato masher
- Mason jar

#### Ingredients

- 1 medium cabbage (red or green)
- 1 tablespoon of sea salt



#### Instructions

1. Shred cabbage and put into large bowl.
2. Mix in sea salt and let cabbage sit for up to 20 minutes covered lightly.
3. After the cabbage has been resting in salt for a time begin to pound it to bruise the leaves which lets the juices out. I use a potato masher.
4. When there is enough brine to cover the cabbage push and pack cabbage into Mason jar tightly. Fill jar 3/4's full and pour brine over top.
5. Use weight to ensure cabbage is submerged completely under the brine.
6. Ferment for 15 to 30 days.

put 'kraut in fridge to stop fermenting



### Simple & Satisfying Yogurt

#### The Supplies

- Pot
- Cooking Thermometer
- Large bowl or Mason Jar
- Cheesecloth and Elastic

It is so satisfying and comforting to make edibles with no sugar or additives.

#### Ingredients

- 4 cups of milk
- 4 tablespoons of yogurt

#### Instructions

1. Heat four cups of milk slowly to 185 degrees.
2. Cool milk to 115 degrees.
3. Once cooled whisk in four tablespoons of yogurt evenly into the warm milk. (The yogurt acts as a culture to create custard like solid.)
4. Cover with Cheesecloth and elastic.
5. Place somewhere warm to sit for 6 to 8 hours. This could be in a warm oven that has been turned off and oven light left on. If left in cooler space it can take up to 24 hours.

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