

Fermented Food

Fermentation is a natural process in which bacteria and yeasts feed on the sugars in food to create the preservative lactic acid, essentially keeping the food alive as our ancestors did throughout the centuries. It was used as a method of preservation and a secret weapon to good health. When fermenting, the nutrients and healthy bacteria remain intact, making the foods full of probiotics. That makes them easier **to digest and eat flavors that didn't exist before.**

You may know several of the most common fermented products in your kitchen, such as pickles, apple cider vinegar, kefir, sauerkraut, etc.

Fermented foods are the absolute easiest foods to digest and add beneficial bacteria to the gut. These may be prepared as toppings, condiments, side dishes, or entire meals. Eat at least 1-2 TBSP daily.

General Recipe

For each cup of the vegetables used in your fermented recipe, use 1 tsp raw apple cider vinegar and/or

fresh squeezed lemon. Place vegetables into a glass jar and fill with enough purified water to cover. Cover the glass jar with cheesecloth, a washcloth or a paper towel, holding the cloth in place with a rubber band. If a dehydrator is available that allows for larger items to be placed inside, place the covered glass jar inside the dehydrator and set the temperature to 105 degrees Fahrenheit. Once they are done fermenting about 12-24 hours in dehydrator, refrigerate them. They get a little stronger every day.

Autumn Harvest Kimchi

- 2 heads of napa cabbage (try turnips, okra, green beans, eggplant or other favorite vegetables that happen to be in season)
- 1 daikon radish or a few red radishes, sliced into half moons or shredded
- 2 carrots, sliced into half-moons or shredded



- 2 green tomatoes or tomatillos, chopped
- 1 medium onion (leeks, scallions, or shallot may be substituted, to taste)
- 6 cloves garlic, peeled & chopped
- 1-2 medium-size chile peppers (jalapeño for mild heat, habanero for more a kick), chopped
- 3 tablespoons freshly grated ginger
- 1 tablespoon Quantum Pink Salt
- 4 Tbsp raw apple cider vinegar

1. **Mi all i g edie ts i a la ge o l. Massage the i tu e ith ou ha ds**, grabbing

handfuls & squeezing repeatedly until vegetables are wilted and excess water is squeezed out.

2. Spoon kimchi mixture tightly into a quart-size jar with a wide mouth.

Pack tightly, pressing hard until brine rises-vegetables must be submerged to avoid mold forming.

3. Loosely cover jar with a lid.

4. Allow kimchi to ferment at room temperature for about a week or 24 hrs in dehydrator (set the temperature to 105 degrees Fahrenheit) pressing the

mixture down each day to make sure vegetables remain submerged in the brine. The longer it ferments, the more sour it becomes. When kimchi has fermented to your taste, store in the refrigerator.

Fermented Mushrooms

- 1 cup of button/shiitake mushrooms, chopped

(You can use other vegetables instead of mushrooms if you would like.)

- 1 tsp. of raw apple cider vinegar
- 1/2 tsp. miso: Yamabuki brand (plain)
- 1-2 tbsp. of water

1. Mix all together.

2. Cover & place in dehydrator (105 F) or in warming place for 6 hrs.

Sunflower Seed Yogurt/ Cheese

The Perfect Appetizer

Seed yogurt is made by fermenting a blended sprouted seed sauce for 6 to 8 hours. It is a delicious addition to any meal as the perfect appetizer, a dressing for salads, a side garnish, a creamy sauce or dip for vegetables, as a separate dish, or it can be used as a hearty afternoon snack with some vegetables.

Once the sprouted seed sauce has been set out and the fermentation process proceeds, beneficial bacteria (naturally contained in the seed coat of the seeds) begin producing health-promoting lactic acid as they predigest the protein, fats and complex carbohydrates contained in the seeds. This process yields easy-to-absorb amino acids and other nutrients as well as abundant live enzymes and the beneficial bacteria themselves (great for improving intestinal health). The bacteria also produce natural vitamin B12. If you add various herbs (fresh or dried) to the seed sauce before fermentation, the fermentation process breaks down the components of the herbs as well, making their healthy phytochemicals easy to absorb as well as imparting a delicious herbal flavor throughout the seed yogurt.

Making Seed Cheese

To make seed cheese, first make the seed yogurt, then drain the watery liquid (called whey) by putting the seed yogurt into a cheese cloth or strainer for 1 or 2 hours to drain. This gives a firmer texture and body which can then be formed into different shapes, such as a cheese log or mound. Cut the seed cheese into slices to serve with meals.

Ingredients:

- 2 cups purified water
- 1 cup raw organic sunflower seeds

(without hulls) *Optional herbs:*

- 1-2 capsules Quantum Turmeric (open capsules and empty contents)
- 1/8 tsp. oregano
- 1/8 tsp. ginger powder or 2 tablespoons of raw ginger root
- 1/8 tsp. dill
- 1/4 cup grated

beets Directions

1. Soak one cup of raw hulled sunflower seeds overnight (about 12 hours)
2. In the morning, strain the water off the soaked seeds.
3. Place the soaked seeds and 1 cup of soaked water in an Ultimate Chopper or Turbo Blend Vitamix. (Note: The Turbo Blend is a super strength, heavy duty blender/mixer which can pulverize ingredients to an ultra-smooth, creamy consistency for perfect seed sauce. The TurboBlend creates the best blend, but a regular blender, although not as powerful, can be used. Do 't throw out the left-over, second cup of soak water — use this healthy, enzyme-rich liquid to water your house plants or garden.

4. Next add any optional ingredients, such as herbs or vegetables, into the Turbo Blend Vitamix.

5. Blend on high speed for 1 or 2 minutes or until the mixture turns into a creamy, well-blended sauce.

6. Next, place the seed sauce in an open glass container.

7. Cover loosely with a cotton cheese cloth or other cloth so the mixture can still breathe but also keep out small airborne particles or insects.

8. It takes about 4 to 6 hours for the seed yogurt to ripen. It will look a little bubbly, with small air

pockets, usually with a darker crust on top (which is fine to eat). The seed yogurt will usually have a

white liquid called whey that has separated out, especially on the bottom of the container. It is best to drain off the whey, by straining the seed yogurt in a strainer for a short time. Then you may eat the seed yogurt as is, or add a little natural sea salt, such as Quantum Pink Salt, to taste or any other seasonings. Or put it in the refrigerator to stop the ripening process and eat it later.

9. If you allow the seed yogurt to continue to ripen beyond 6 hours (for example, another 12 hours), it will become even more tangy in taste.

You may then refrigerate it at this point. Some prefer a more tangy taste. However, if you let it ferment too long and molds grow on top, it is spoiled and is best to throw it out. Experiment to find how long to ferment the seed yogurt for the taste you like best.

10. Because the seed yogurt is a living food with live enzymes, it is best to eat it within 2 to 3 days. Then enjoy making your next batch.

Fermented Garlic Recipe

Ingredients:

- 10 organic garlic bulbs
- 2 tablespoons agrimony (PRL Product is Agritonik) herb powder
- Enough purified water to cover garlic slices

Directions:

1. Break down the garlic bulbs into individual cloves. Peel the naturally adhering skin from each clove. Throw away removed skin. Throw away any cloves that feel mushy or have discolored spots.

2. Slice the peeled garlic cloves into thin slices.

3. Place garlic slices into a glass pint jar and fill with enough purified water to cover.

4. Stir 2 tablespoons of agrimony powder into the liquid and garlic slices. The Agritonik powder does not need to be perfectly dispersed in the mixture.

5. Cover the glass jar with cheesecloth, a washcloth or a paper towel, holding the cloth in place with a rubber band.

6. Place glass jar near/next to an object that gives off mild, consistent heat, such as a food dehydrator that is turned on to approximately 130 degrees Fahrenheit.

NOTE: The jar is placed outside the warming source which is being used to generate the needed mild, consistent heat.

7. Cover both the glass jar and the warming source with a towel to help hold in the heat.

8. If a dehydrator is available that allows for larger items to be placed inside, place the covered glass jar inside the dehydrator and set the temperature to 105 degrees Fahrenheit.

9. Leave jar in place for 48 hours. The jar must remain in place for a minimum of 24 hours.

10. After 48 hours, remove the towel and cover, remove the jar from the heat source and place a lid on the jar. The fermented garlic slices are ready to be eaten.

11. Eat 2 tablespoons or more per day of the fermented garlic slices. They can be eaten alone or with food. The bits of agrimony herb that adhere to the garlic slices may be eaten or rinsed off prior to eating.

12. Store the covered glass jar of fermented garlic in the refrigerator.

Banana Nut Bread

Ingredients:

- 3 ripe organic bananas
- ¼ cup organic raw Brazil nuts (previously soaked in water for 2 hours, with soak water thrown out)
- ¼ cup organic raw sunflower seeds (previously soaked in water for 2 hours, with soak water thrown out)
- ¼ cup purified water

Blend all ingredients together in a blender until they are well blended (usually 1-2 minutes). Then pour

the liquid onto a plastic tray in the dehydrator. Keep in the dehydrator at 105 degrees F. for about 4 hours or until firm. Scrape off tray or cut & **peel off the**
t a i s t i p s . I t ' s a s o l u t e l y d e l i c i o u s !

Tomato Seed Bread

- 3 ripe organic tomatoes
- ½ cup organic raw sunflower seeds (previously soaked in water for 2 hours, with soak water thrown out)
- Pinch of Quantum Pink Salt (or to taste)

- Optional: ½ onion or 1 celery stalk

Blend all ingredients together in a blender until they are well blended (usually 1-2 minutes). Then pour the liquid onto a plastic tray in the dehydrator. Keep in the dehydrator at 105 degrees F. for about 4 hours or until firm.

Please enjoy these delicious, healthy fermented foods!