



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Lacto-Fermented Radishes With Carrots And Ginger

Make the most of spring with this Asian-inspired crunchy ferment.

Ingredients:

- 2 Tbsp. sea salt
- 4 cups filtered water
- 2/3 Lbs. radishes
- 1/3 Lbs. carrots
- 4 scallions
- 1 tsp. minced ginger
- Oak, grape, or mesquite leaves (optional, to retain crunch)



Instructions:

1. **Make** a brine by dissolving sea salt in water.
2. **Cut** radishes and carrots into thick slices. **Finely chop** scallions.
3. **Add** ginger to the bottom of a quart jar. Top with radishes, carrots, and scallions, distributing evenly throughout. **Pour** brine over all, leaving about 1-1/2 inches of headspace. **Place** leaves on top of vegetables.
4. If necessary, weigh the vegetables down under the brine.
5. **Cover** jar with a tight lid, airlock lid, or coffee filter secured with a rubber band.
6. **Culture at room temperature (60-70°F is preferred)** until desired flavor and texture are achieved. If using a tight lid, burp daily to release excess pressure.
7. Once the vegetables are finished, **put** a tight lid on the jar and move to cold storage. The flavor will continue to develop.

Ready to Learn More?

- [Lacto-fermented Beets and Turnips](#)
- [Lacto-fermented Horseradish](#)
- [Lacto-fermented Root Beer](#)
- [How to Keep Your Fermenting Vegetables Submerged](#)
- [Busting Lacto-fermentation Myths](#)

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