

# FERMENTATION FUN

Fermentation is the first step of decomposition, or rotting! But, if we control this process using salt, we can prevent the growth of bad bacteria and encourage the good bacteria on the vegetables to transform the starches and sugars into lactic acid. This process is called lactofermentation and is a traditional way of preserving (or pickling) foods to make them last longer. Plus, it's what makes pickled foods sour, healthy, and yummy!

**DURATION** 30 minutes  
**AUDIENCE** 5 years +  
with adult support  
**SETTING** Indoors  
**THEME** Food

## INSTRUCTIONS

1. Remove one large layer of cabbage and set aside.
2. Put 1 Tbsp of salt and 1 cup of warm water in one jar and let it dissolve. This will be your brine.
3. Shred the cabbage (you can rip it up by hand or use a knife).
4. Place shredded cabbage into the second jar and press down with the spoon.
5. If using, add a tsp of caraway seeds and the crushed garlic.
6. Shove more cabbage into the jar until it is stuffed up to the neck!
7. Pour the brine into the second jar to completely cover the cabbage. Make additional brine if necessary.
8. Place a large piece of the outer layer of cabbage as a seal.
9. You can weight it down with a Ziploc bag filled with more brine.
10. Secure the lid to protect against bugs and dust.
11. Place sauerkraut on a plate or tray (to catch leaks) in a dark place.
12. Check on your kraut and "burp" it daily, by opening the lid to let out any CO2 buildup.
13. Begin to taste test after 4 weeks. You can keep letting it ferment for up to 2 or 3 months. Once it is sour and tasty, keep it refrigerated!

You can also make up your own recipes and experiment with different vegetables! For cucumbers, follow the same steps as for the cabbage, just add dill and pickling spices instead of caraway! They will be ready much sooner than sauerkraut- start testing them on day 3!

## MATERIALS

- Cabbage
- Salt (non-iodized)
- Caraway seeds (optional)
- Crushed garlic (optional)
- Warm water
- Wooden spoon
- Measuring spoons
- 2 mason jars
- Ziploc bag (optional)



Fermenting makes food last longer and can help keep you and your family healthy.

Take a picture of your pickles or kraut and share it on social media! Tag us @ShoreshtO!

Check out Shoresht's Facebook for more indoor and outdoor Jewish nature-based activities!