About Fermentation

You can’t talk about fermentation without talking about fruits and vegetables. Fermentation has always been, first and foremost, a great, efficient way to preserve crops all year long.

Fruits and vegetables are the perfect starting point for those who want an introduction to fermentation without any of the fuss. Already bursting with flavor at the moment they’re picked, they only require careful handling and simple seasoning to transform within a few days into condiments, toppings and snacks, the taste and texture of which will easily rival the store-bought version.

**Fruit and Vegetables:** Fermented fruits and vegetables are crunchy, juicy and filled with flavor. Add them to your sandwiches, use them to decorate your salads, or enjoy them as a snack: they’ll be delicious anywhere and for any occasion.

**Condiments:** From salsa to horseradish to chili sauce you can easily make your own condiments at home.

**Fermentation in Four Easy Steps:**
1. Clean and sterilize your crock.
2. Place food in crock, pour in brine (leave ¾ inch headspace) and cover with ceramic weight.
3. Affix ring, fill in water barrier and cover with lid.
4. Leave to ferment per recipe.