



LACTO-FERMENTED TURNIPS AND BEETS

adapted from culturesforhealth.com

INGREDIENTS:

2 cups washed, quartered, and sliced

Hakurei salad turnips

Washed, quartered, and sliced beets

(enough to layer with the turnips and fill a
quart jar)

2 Tbsp. salt

Water as needed

INSTRUCTIONS: Prepare turnips and beets.

Add them to a quart jar, alternating layers so that the red and white are evenly distributed, leaving 1-1/2 inches of headspace. Combine salt with 2 cups water. Pour over the vegetables, leaving 1-2 inches of headspace (just covering the vegetables). Weigh down as needed. Cover jar with a lid and an airlock, if using. If you are not using an airlock be sure to “burp” the jars every day to release pent-up gases. Allow to ferment at a cool room temperature for 3-12 days, depending on preference. Longer is usually better, especially for tough root vegetables. Transfer to the fridge to store.



Recipe Archive, LVFarm Academy

www.lowervalleyfarm.com