

# INGREDIENTS

- 3-6 RADISH BUNCHES
- 3 C FILTERED WATER (SEE NOTES)
- 1-1/2 T SEA SALT (NON-IODIZED, SEE NOTES)
- 1 TSP PEPPERCORNS, PER JAR (OPT)
- 1/4 TSP RED PEPPER FLAKES, PER JAR (OPT)

## ADDITIONAL FLAVOR PROFILES:

GARLIC & DILL

CARROT & CILANTRO

# DIRECTIONS

- **STERILIZE (2) 16OZ MASON JARS \***
- REMOVE TOPS AND SLICE RADISHES
- ADD SPICES TO EACH JAR
- PACK RADISH SLICES INTO JARS  
LEAVE APPROX 1" OF ROOM AT TOP
- DISSOLVE SALT IN WATER AND ADD  
TO EACH OF THE JARS, AGAIN LEAVE  
APPROX 1" OF ROOM AT TOP
- ADD GLASS FERMENTING WEIGHT \*\*  
TO FULLY SUBMERGE RADISHES, ADD  
MORE BRINE / WATER, IF NEEDED
- CAP AND SET IN A WARM PLACE  
APPROX 1 WK, BASED ON FLAVOR

**NOTES:** \* TO STERILIZE: BOIL MASON JARS AND LIDS IN WATER 10 MIN AND LET COOL.

FILTERED WATER SHOULD BE USED WHEN FERMENTING, IF UNAVAILABLE, BOILING TAP WATER FOR 20 MIN WILL REMOVE CHLORINE. LET COOL BEFORE ADDING TO RADISHES.

SALT SHOULD BE NON-IODIZED AND FREE OF ANTI-CAKING AGENTS WHICH IMPEDE FERMENTATION AND AFFECT FLAVOR.

\*\* YOU CAN USE ANY FOOD SAFE GLASS OR CERAMIC OBJECT (OR EVEN A SMOOTH STONE) AS A WEIGHT, JUST BE SURE IT IS STERILIZED.

GASS BUILDS AS FOODS FERMENT, SO BE SURE TO 'BURP THE BABY' TO RELEASE PRESSURE DURING THE PROCESS, IF NEEDED. REFRIGERATE AT DESIRED FLAVOR PROFILE.



(2) 16oz jars



10 min jar prep  
5 min prep  
approx 1 wk

## FERMENTED RADISHES

Radishes are crunchy little, fiber and nutrient packed, powerhouses and fermented the benefits are amplified. This recipe has a little more kick and is a great compliment to a good street taco, but other popular fermenting profiles are garlic-dill or carrot-cilantro or get creative and see what deliciousness you can devise. . .

### FOOD FOR THOUGHT:

Radishes have a long history dating back to the Ancient Egyptians and it is no wonder as they are one of the easiest and most reliable root vegetables to grow. From seed to harvest can be as little as 3 weeks for some varieties, but they average 4-6. A must grow for the newbie or seasoned gardner!