



PICKLING 101

TEVA IN A BOX brings participants to the intersection of Judaism and sustainability for a small taste of Hazon's experiential education curriculum. Learn more at hazon.org/teva.

OVERVIEW

There are many options to preserve each season's harvest, including canning, vinegar pickling, drying, blanching and freezing. This particular activity teaches lacto-fermentation pickling – an easy, fun and extremely health-friendly method of food preservation. Participants will take home a jar of their own and in a few days will be able to eat their own pickles!

WHY LACTO-FERMENTATION?

Lactobacilli are lactic-acid producing bacteria that live naturally on the skins of most vegetables. They have the unique ability to convert the sugars found in these vegetables into lactic acid – a natural preservative that prevents the growth of harmful bacteria. Fermented foods promote the growth of friendly intestinal bacteria that aid digestion and support immune system strength.

HOW TO LACTO-FERMENT?

We do this by creating just the right conditions for our allies. Our friends the lacto bacilli like to hang out in an anaerobic environment – so we have to keep the air out. Then we use the tools of salt, temperature and time to create the perfect habitat for them to proliferate.

HOW IS LACTO-FERMENTATION IMPORTANT TO JUDAISM?

For Shabbat: We may not realize it, but lactobacilli are important guests at our Shabbat table every Friday. The two pillars of our meal are the Kiddush wine and Challah, both of which would not be present without the process of fermentation.

For Passover: As Passover approaches, avoid stocking up on packaged and processed foods from the "Passover Section" of your local grocery store! You can participate in the food preservation technique that our ancestors did as part of their Passover practice and eat delicious fermented foods throughout the whole holiday.



Teva works to fundamentally transform Jewish education through experiential learning that fosters Jewish, ecological, and food sustainability. Teva is a program of Hazon. Learn more at hazon.org/teva.

INGREDIENTS & SUPPLIES

- Knife and cutting board
- Large bowl
- One-pint jar (1 per person)
- Salt (usual vegetable to salt ratio: 1 to 1.5 tablespoons of salt to one-pint jar of veggies)
- Water
- Vegetables (you can be creative with the vegetables you select)
 - Examples include cucumbers, cabbage, radishes, turnips, beets, carrots, brussel sprouts, rutabagas, parsnips, green onions, squash, garlic, ginger, etc.
- Herbs and spices (fresh and dried both work)
 - You can purchase a pickling spice mix or make your own and include some of these spices: dill seed, mustard seed, red pepper flakes, coriander, cumin, black pepper

DIRECTIONS

IF USING JUST CABBAGE

- 1** Chop, grate or slice cabbage.
- 2** In a large bowl, knead/massage the cabbage with a liberal amount of salt (at least 1 tablespoon) until it has released water and the shreds are very malleable.
- 3** Pack tightly into your jar, so that all of the cabbage is submerged in water.
- 4** Skip to step 8 below.

IF USING OTHER VEGGIES

- 1** Chop other veggies.
- 2** Put garlic in the jar, filling jar up almost to the top.
- 3** Press the vegetables firmly into the jar.
- 4** Sprinkle herbs and spices in as you go.
- 5** Add salt after the vegetables are firmly packed in the jar.
- 6** Pour in water slowly .
- 7** Close the jar firmly and shake to mix the salt.



PART 2 (IN BOTH CASES)

8 Leave the jar on your counter, ideally at a temperature of 62 to 78 degrees. You can either leave the lid sitting on top of the jar but not screwed on, or you can screw it on partway and open it to “burp” the jars and release the air pressure once a day. After 3 days your sauerkraut will have begun to ferment, and you can try it. If you want the flavor to be more intense, continue letting it ferment for another 5 - 10 days, and continue to “burp” your pickles. “Burping” involves slowly opening the jar to relieve pressure build up and then closing the jar.

9 When you like the flavor, transfer the jar to the fridge to slow the fermenting process. You will have successfully achieved the nutritional benefits of lacto-fermentation. Enjoy!

A SPECIAL PASSOVER MODIFICATION

To avoid using mustard seed and other kitniyot, we recommend using black tea, horseradish, dill and black pepper in lieu of a pickling spice mix.

