



### **Fermented Vegetables**

Mason Jar with lid

Ceramic Weight

Bottled or Filtered Water

Vegetables of Choice

(we used Asparagus, Peppers, Carrots)

Sea Salt

### **Instructions:**

Cut vegetables to appropriate size to fit in the mason jar. Place all vegetables in the jar, leaving room for the weight to sit on top. Dissolve 1/2 tablespoon of sea salt into the water and pour over vegetables. Make sure to cover all the vegetables. Place the weight on top and seal. Let sit on the counter for 3-5 days and taste. You will also need to “burp” the jar by letting the built up gas out of the jar. Simply unscrew the cap and let gas out daily. Reseal tightly. Enjoy!