

Nourish Your Gut, Naturally

Fermented foods like sauerkraut are a simple way to support digestion and overall wellness. This homemade sauerkraut is naturally tangy, full of probiotics, and easy to make with just a few ingredients. Take a moment to create this nourishing food and give your body the gift of wholesome, gut-friendly goodness.

Ingredients: - 1 medium green cabbage (about 2 lbs) - 1–2 tablespoons sea salt (preferably non-iodized) - Optional: 1 teaspoon caraway seeds or juniper berries for flavor

Instructions:

1. **Prep the Cabbage:** Remove outer leaves, then finely shred the cabbage.
2. **Mix with Salt:** Place shredded cabbage in a large bowl, sprinkle with sea salt, and massage with your hands for 5–10 minutes until the cabbage releases liquid.
3. **Add Optional Flavors:** Mix in caraway seeds or juniper berries if using.
4. **Pack into Jar:** Firmly pack cabbage into a clean glass jar, pressing down to submerge it in its own liquid. Leave about 1–2 inches of headspace at the top.
5. **Ferment:** Cover the jar loosely with a lid or cloth. Keep at room temperature (65–75°F) away from direct sunlight for 5–14 days. Check daily to ensure cabbage remains submerged.
6. **Taste & Store:** Once the sauerkraut reaches your desired tanginess, seal with a lid and refrigerate. It can last for several months in the fridge.

Tips: - Use a fermentation weight or a smaller jar lid to keep cabbage submerged. - If you see a little foam or bubbles, that's normal — it means fermentation is working! - Always use clean utensils to remove sauerkraut from the jar.

Enjoy this simple, probiotic-rich sauerkraut as a side, on sandwiches, or in salads — a small daily step toward a healthy gut and a nourished body.