

Eat Your way to Better Health with Foods Fermented in Glass

Natural fermentation of foods preserves nutrients and breaks it down to a more digestible form, creating beneficial enzymes, B-vitamins, Omega-3 fatty acids, and various strains of supportive probiotics. A natural process that has been around for many generations, today, the use of these old methods is a great way to consume probiotics; the key to a healthy gut and a happy brain. Probiotics have also been shown to improve immunity and help with many diseases - among other benefits.

The right container ensures successful vegetable fermentation and as the salts and acids produced during fermentation corrode metal and plastic, glass is the best and only viable packaging option. Glass jars don't hold any taste or odour from previous contents and can be sterilized for repeated use. But most importantly, it is the healthiest vessel for fermentation because it does not scratch easily and cannot harbor unfriendly bacteria in those damaged areas. As importantly, it is non-reactive and does not contain undesirable chemicals so nothing is leached into your vegetables during the fermentation process. Make sure you choose an airtight glass bottle or jar to produce good bacteria. Completely submerge vegetables under the brine prevent the growth of mould; a cylindrically shaped container is best suited for this process.

Fermentation is a very simple technique and just about any vegetables can be fermented with sea or Himalayan salt, and water. To make the brine, use 1/2 tablespoon of salt for every cup of cold water. Depending on taste you can use up to 1 tablespoon. Try this fool proof recipe for Tomato Salsa from nutritionist, Desi Horsman.

The Best Things Come in Glass!

Tomato Salsa



Ingredients:

- 12 chopped fresh tomatoes
- 3 chillies, seeded and chopped (optional)
- 1 tsp dried oregano
- 1 tsp cumin
- 1 tsp turmeric
- 1 tsp ginger
- 1 garlic clove, chopped
- 2 onions, chopped
- 2 tbsp sea salt

Method:

1. Combine the chopped tomatoes, chillies, oregano, cumin, turmeric, garlic and onions together.
2. Place the tomato mixture little by little in your fermentation jar, keep pounding it to make sure it is well compacted and water is completely extracted from all the veggies. Sprinkle some of the sea salt as you go along.
3. Make the brine with 1 tbsp of salt to every cup of water. Stir vigorously to dissolve.
4. Make sure the mixture fills the jar.
5. Keep in a warm spot and allow fermenting for 3 - 6 days and keep checking to ensure the brine is always covering the mixture and that no mould forms.