

FARM2SCHOOL @HOME

Fun with Fermentation



A learning resource provided by:
FarmToSchoolCollective.org





Objective

In this lesson, learners will be introduced to fermented foods, gain an understanding of the health benefits of fermentation, and try fermenting their own fruits and vegetables.

Materials



- Glass mason jar with screw top
- 4 cups of filtered water
- 2 tbsp. sea salt
- Vegetables of your choice (carrots, peppers, onions, radishes, beets, cucumbers, cabbage)
- Seasoning of your choice (dill, fennel, oregano, spicy pepper, peppercorns or ground pepper)
- Breathable material for covering such as cheesecloth, a coffee filter, or a thin dish cloth
- Knife
- Cutting board
- Rubber band
- Fermentation weight – An easy way to create this is by filling a ziplock bag with brine and placing it on top of your vegetables. You can also use a clean rock or stone that fits inside your jar.

Preparation

Gather all ingredients. Try seeing what you have available at home before going to a grocery store or farmers market. Clean your glass mason jar thoroughly. Prepare the brine for fermentation by mixing the salt and water together until the salt has dissolved. Cut up the vegetables you are using into evenly shaped strips or slices.

Steps Of The Lesson

1. Ask

Ask learners: What is fermentation?

Explain: Fermentation is a process through which a substance (e.g., food) breaks down into a simpler substance with the help of yeasts, bacteria, and molds!

Ask learners: Why is fermentation important?

Explain: Fermented foods are healthy! They are full of good bacteria (probiotics) that help strengthen the gut and immune system. Plus, fermented foods taste great and are fun to make!

2. Create

- 1) Place your chopped vegetables into the glass jar, leaving 1 ½ inches of space at the top.
- 2) Add any seasoning of your choice to the vegetables.
- 3) Pour the brine into the jar leaving 1 inch of space at the top.
- 4) Place the fermentation weight on top to keep the vegetables submerged in the brine.
- 5) Cover the jar with a layer of breathable material and secure it with a rubber band or the metal circle from the lid.
- 6) Allow vegetables to ferment for 2-3 days on the counter at room temperature.
- 7) Check on your vegetables daily to make sure they are submerged and to watch the fermentation happen. You should start to see little bubbles form, which means it is working!
- 8) After 2-3 days, taste your vegetables and see how you like them! They may be finished or they may need a little more time, it's up to you!
- 9) Once finished fermenting, remove cover and weight, secure the screw top lid on your jar, store in the fridge, and enjoy your freshly fermented vegetables.
- 10) Share it! We want to see your fermented foods! Tag @f2icenter or use the hashtag #F2SatHome to show off your fermented foods!