



SPRING FERMENTS

SPRING VEG

Spring vegetables are not only delicious but also deeply nourishing, supporting digestion and renewal as the seasons shift.

Their high water content and abundance of vitamins—particularly vitamin C, folate, and antioxidants—help revitalize the body after winter's heavier meals. Most are well-suited to fermentation - especially the tender young roots and herbs you see popping up this time of year.

CITRUS. High in vitamin C, hesperidin, and fiber; supports immunity, heart health, and digestion.

RADISHES. Radishes are traditionally considered a “detoxifying” vegetable and they’re loaded with some powerful antioxidants. They’re perfect for pickling or tossing into sauerkraut.

CARROTS. Brine-pickled (fermented) carrots are a favorite among kids who love their sweet-sour complexity.

BERRIES. Early berries are wonderful added to shrubs and oxymels to make delicious sweet-tart drinks.

HERBS. Herbs, like mint and thyme, can add dimension to your springtime ferments.



(Photo by okeycat on Unsplash)

BRINE-PICKLED CARROTS

(Makes about 1 quart | 2 weeks fermentation)

6 medium carrots
1 jalapeño
4 medium garlic cloves
6 sprigs fresh thyme
1 teaspoon black peppercorns
2 cups water
1 tablespoon fine sea salt

Prepare the vegetables. Slice the carrots into 1/4-inch thick sticks, and then arrange them length-wise into a quart-sized jar. Next, slice the jalapeño in half length-wise and arrange it with the carrots. Drop in the garlic cloves, thyme, and black peppercorns.

Prepare the brine. Whisk salt into water, and then pour over the vegetables.

Ferment the carrots. Place a glass weight over the vegetables so that they remain submerged under brine, and then seal the jar tightly. Allow the carrots to ferment about 2 weeks, then transfer to the refrigerator where they'll store for up to 6 months.



BRINE-PICKLED RADISHES

(Makes about 1 quart | 2 weeks fermentation)

1 pound radishes, trimmed
1 teaspoon black peppercorns
1 bay leaf
2 cups water
1 tablespoon fine sea salt

Prepare the vegetables. Slice the radishes into quarters, and then arrange them in a quart-sized jar. Drop in the the black peppercorns and the bay leaf.

Prepare the brine. Whisk salt into water, and then pour over the radishes.

Ferment the radishes. Place a glass weight over the vegetables so that they remain submerged under brine, and then seal the jar tightly. Allow the radishes to ferment about 2 weeks, then transfer to the refrigerator where they'll store for up to 6 months.



(Photo by Jo Lanta on Unsplash)

STRAWBERRY-HERB SHRUB

(Serves 4)

1 1/2 cups strawberries (hulled and quartered)
1 tablespoon chamomile flowers
6 sprigs fresh thyme
3 tablespoons schisandra berries (optional)
1 cup apple cider vinegar
1 cup runny honey

Prepare the ingredients. Place the strawberries, chamomile, thyme and schisandra in a quart-sized jar.

Adding vinegar + waiting. Pour in the vinegar, seal the jar with a non-reactive lid and store it away from direct light and heat for one month. Shake the jar daily.

Finishing the shrub. After a month, strain the jar, discarding the solids. Stir the honey into the infused vinegar. Seal tightly with a non-reactive lid and store in the cupboard away from light and heat for up to 1 year.

