



SAURKRAUT

Probiotic Nutrients for your gut

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 1 medium cabbage (green or red), cored and shredded
- 1 tbsp sea salt
- 1 tbsp caraway seeds (optional)

DIRECTIONS

1. In a large bowl, mix the shredded cabbage with sea salt. Massage the cabbage with your hands for 5-10 minutes until it releases its juices.
2. Add caraway seeds if using and mix well.
3. Pack the cabbage tightly into a clean glass jar, pressing down so the liquid covers the cabbage.
4. Leave at least 1 inch of space at the top. Seal with a lid, but not too tightly.
5. Leave the jar at room temperature for 3-7 days, checking for fermentation activity. Taste periodically to reach your desired sourness.
6. Store in the fridge for several months.
- 7.

NOTES

Recipes from the Nourishing Traditions Cookbook: that highlight traditional fermentation techniques, bringing out the natural probiotic benefits of vegetables. Each recipe emphasizes simple ingredients and the process of lacto-fermentation to promote gut health.



KIMCHI

This spicy and tangy Korean-style ferment is great for gut health and full of flavor.

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 1 large napa cabbage, cut into bite-sized pieces
- 1 tbsp sea salt
- 2 tbsp ginger, grated
- 3-4 cloves garlic, minced
- 1 tbsp fish sauce (optional)
- 2 tbsp Korean chili flakes (gochugaru), or to taste
- 2 green onions, chopped

DIRECTIONS

1. Mix the cabbage with sea salt and let sit for 2 hours to release moisture.
2. Rinse the cabbage thoroughly and drain.
3. In a separate bowl, mix the ginger, garlic, chili flakes, and fish sauce.
4. Combine the cabbage with the spice mixture and green onions, massaging everything together.
5. Pack tightly into a glass jar, pressing down to submerge the ingredients in their own liquid.
6. Let ferment at room temperature for 3-7 days. Once desired flavor is achieved, refrigerate for up to 6 months.

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*Here's a simple and traditional
Kombucha Recipe from Nourishing
Traditions to get you started on brewing
your own probiotic-rich kombucha at
home.*

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 1 gallon filtered water
- 1 cup organic cane sugar
- 4-6 organic black tea bags (or loose-leaf tea)
- 1 SCOBY (Symbiotic Culture of Bacteria and Yeast)
- 1-2 cups starter kombucha (previously brewed kombucha or store-bought raw kombucha)

DIRECTIONS

- Prepare the Sweet Tea Base:
- Bring about 3-4 cups of filtered water to a boil in a large pot.
- Once boiling, remove from heat and stir in the sugar until fully dissolved.
- Add the tea bags and let steep for 10-15 minutes, then remove the tea bags.
- Allow the sweetened tea to cool completely to room temperature. This step is important so that you don't kill the beneficial bacteria in the SCOBY.
- 2. Transfer to the Fermenting Jar:
- Pour the cooled sweet tea into a clean 1-gallon glass jar.
- Add the remaining filtered water to fill the jar, leaving about 2-3 inches of space at the top.

NOTES

Homemade kombucha is a refreshing and probiotic-rich beverage that can support digestive health and is easy to customize!



KOMBUCHA

Here's a simple and traditional Kombucha Recipe from Nourishing Traditions to get you started on brewing your own probiotic-rich kombucha at home.

DIRECTIONS CONTINUED

- After about 7 days, start tasting the kombucha daily to check for your preferred level of tanginess. When it reaches your desired flavor, it's ready for bottling.
- 6. Bottling and Second Fermentation (Optional):
- Remove the SCOBY and about 1-2 cups of the kombucha to use as a starter for your next batch.
- Pour the kombucha into airtight glass bottles, leaving some space at the top for carbonation.
- If you want to flavor your kombucha, add fruit, herbs, or spices at this stage. For example, ginger and lemon are popular flavor additions.
- Seal the bottles and let them sit at room temperature for 1-3 days for a second fermentation to build carbonation.
- Afterward, transfer the bottles to the fridge to stop the fermentation process and enjoy chilled.
- Pro Tips:
- SCOBY Care: Always keep your SCOBY in a healthy environment by feeding it regularly with fresh batches of sweet tea.
- Flavor Variations: Try different flavorings like berries, citrus, herbs, or spices during the second fermentation to create unique flavor profiles.
- Homemade kombucha is a refreshing and probiotic-rich beverage that can support digestive health and is easy to customize!

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Here's a simple Homemade Yogurt Recipe inspired by Nourishing Traditions. This recipe is perfect for making your own creamy, probiotic-rich yogurt at home.

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 1 quart (4 cups) raw whole milk from Claravale Dairy Farm
- 2 tbsp plain yogurt with live cultures (use a starter yogurt made from raw milk, if possible)

DIRECTIONS

- Warm the Milk (optional):
- Since we are using raw milk, you can choose to warm the milk gently to about 110°F (43°C) to give the yogurt cultures a head start without killing the natural enzymes and beneficial bacteria present in the raw milk.
- Note: If you prefer to skip heating the milk, you can make yogurt with raw milk directly, which will result in a thinner yogurt but will preserve the full spectrum of raw milk's nutrients.
- 2. Add the Yogurt Starter:
- Once the milk is warmed to 110°F (or left at room temperature if skipping the heating step), whisk in the 2 tablespoons of plain yogurt with live cultures. Ensure it is evenly mixed throughout the milk.

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YOGURT



Here's a simple Homemade Yogurt Recipe inspired by Nourishing Traditions. This recipe is perfect for making your own creamy, probiotic-rich yogurt at home.

DIRECTIONS CONTINUED

- 3. Incubate the Yogurt:
- Pour the milk and yogurt mixture into clean glass jars.
- Cover the jars with a clean cloth or lids and place them in a warm spot for 6-12 hours. The fermentation process will thicken the yogurt and develop its tangy flavor.
- Because raw milk naturally contains beneficial bacteria, the fermentation process might take a little longer than pasteurized milk yogurt. Check after 6 hours, and let it ferment longer if you want a thicker or tangier yogurt.
- Incubation Methods:
- If you have a yogurt maker, use it to maintain a steady temperature of around 100°F-110°F.
- Alternatively, place the jars in an oven with just the light on, or wrap them in a towel and place them in a warm area of your kitchen.
- Another option is to use a cooler with warm water to maintain a steady temperature during fermentation.
- 4. Check for Thickness:
- After 6 hours, check the yogurt. Raw milk yogurt may not be as thick as pasteurized yogurt, but it will have a beautifully rich texture. If you prefer a tangier flavor or thicker consistency, let it continue fermenting up to 12 hours.
- 5. Refrigerate:
- Once the yogurt reaches your preferred thickness and flavor, transfer it to the refrigerator to stop the fermentation process. The yogurt will continue to thicken slightly as it cools.
- Store the yogurt in the fridge for up to 1-2 weeks.
- Pro Tips:
- If you prefer thicker yogurt, strain the finished product through a cheesecloth for a few hours to create a Greek-style yogurt.
- Save a few tablespoons of this homemade raw yogurt as a starter for your next batch.

NOTES

This raw dairy yogurt from Claravale Dairy Farm preserves the full nutritional integrity of raw milk, giving you a rich, enzyme-filled, and probiotic yogurt that's excellent for gut health and overall wellness.



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