

# WINTER WELLNESS, PART 2 – FERMENTS

Following on from our previous Winter Wellness post, Bone Broths, here's the other side of the healthy gut coin...**FERMENTS**.



**Fermenting** is the process of preserving food using *lactobacilli* bacteria, also known as lacto-fermentation. *Lactobacilli*, found on the surface of fruits and vegetables, convert sugar and starch into lactic acid. Most ferments contain *bifidobacteria* and multiple other strains as well. When fermented foods are ingested, the gut is populated with these friendly bacteria which out-compete pathogenic bacteria and yeast, like candida. Inoculating the gut with these probiotics will keep it and your immune system healthy and strong.

The process of fermenting vegetables increases their nutritional value as well. B vitamins and choline are increased when vegetables are fermented. Fermented foods are high in enzymes, too, which help break down food more thoroughly.

The GENERAL FERMENTING PROCESS is this:

- Clean and cut/shred vegetable(s)
- Place in a large bowl or bucket
- Pound/bash until liquids are released
- Add spices, if desired
- Add salt (1 tablespoon for each litre jar) and/or whey (3-4 tablespoons per litre)
- Put in a clean glass jar (no metal) leaving about an 3cm (1 inch) at the top
- Let sit in a cool place for 3-5 days depending on the weather (longer for colder temperatures)
- Place in fridge and use a tablespoon or so with meals.

This process can be used for most vegetables. It is probably best to start with vegetables you like. Harder vegetables like carrots or radishes can be shredded by hand or in the food

processor. Try different recipes and combinations depending on what is in season and available in your area.

For a truly **healing and detoxifying elixir** try FERMENTED TURMERIC:

This recipe comes from Louise Hay and Heather Dane's *The Bone Broth Secret*. Turmeric has been shown to aid digestion, support the immune system and decrease inflammation – the perfect Winter Wellness ingredient:

2 litres water

6 tablespoons sea salt

2 cups fresh, organic turmeric, peeled and sliced

1 cup fresh, organic ginger, peeled and sliced

2 teaspoons freshly ground black pepper

2 tablespoons fresh lemon juice

To make the brine, heat water and salt, stirring, just until salt dissolves. Place turmeric and ginger in a jar and cover with brine, leaving a couple centimetres at the top of the jar. Cover with cheese cloth and an elastic band and leave in a cool, dry place for 2 weeks.

After 2 weeks, separate the turmeric and ginger from the brine, keeping the brine (use for your next batch). Place ginger and turmeric in a food processor and pulse until a paste forms. You will probably need to add some brine to thin it out. Add honey, pepper and lemon juice to the mix. Store paste in the fridge. It can be added to dishes when cooking such as stir-fries, frittatas or Indian dishes.

Add it to your favourite broth as mentioned earlier to boost the nutritional value. Or use to make a Golden Turmeric Latte (your choice of warm milk with chai spice, coconut oil and fermented turmeric).



REMEMBER: Properly functioning digestion is the foundation for a strong immune system and the key to staying healthy through Winter!

---

**For additional information on fermenting:**

*Nourishing Traditions* by Sally Fallon

*Fermented Foods for Health* by Deirdre Rawlings, Ph.D.

<http://www.fermaculturefarm.com>

<https://www.culturedfoodlife.com>

**For additional information on gut health:**

*Clean Gut* by Dr. Alejandro Junger

*Gut* by Giulia Enders

*The Microbiome Solution* by Dr. Robynne Chutkan

<http://www.drperlmutter.com>

Cheers to good health –

N x

Nikki Wagner

<http://www.nikkiwagnernutrition.com.au>