

# | Fermented Veggies

## Ingredients:

- 1 quart [water](#)
- 1-3 Tablespoons [sea salt](#)
- 2-3 pounds carrots, cut into sticks or whatever other vegetables you choose! Get creative!

## Instructions:

1. **Dissolve** salt in water.
2. **Place** the carrot sticks in the jar and pour the liquid over the carrots, leaving 1-2 inches headspace. Add any fresh herbs and spices you like!
3. If necessary, weigh the carrots down under the brine to keep them submerged.
4. **Cover** the jar with a tight lid, airlock lid, or coffee filter secured with a rubber band.
5. **Culture** at room temperature (60-70°F is preferred) until desired flavor and texture are achieved. If using a tight lid, **burp** daily to release excess pressure.
6. Once the carrots are finished, put a tight lid on the jar and move to cold storage. The flavor will continue to develop as the carrots age.

## Supply list:

- **Fermentation Jar**
- **Weight to submerge carrots (optional)**
- **Tight lid, airlock lid, or coffee filter and rubber band**