

Natural Health News

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EVERGREEN SPA & WELLNESS
ELY, MN

HOMEGROWN PROBIOTICS



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STORE HOURS:

Monday – Saturday
9 am-5 pm
CLOSED SUNDAYS

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By Appointment

Scientists and doctors today are mystified by the proliferation of new viruses. They are equally mystified by recent increases in the incidence of intestinal parasites and pathogenic yeasts. Could it be that in abandoning the ancient practice of lacto-fermentation and in our insistence on a diet in which everything has been pasteurized, we have compromised the health of our intestinal flora and made ourselves vulnerable to so many pathogenic microorganisms? If so, the cure for these diseases will be found **not** in vaccinations, drugs or antibiotics but in a restored partnership with the many varieties of *Lactobacilli* (*friendly organisms*) to strengthen and restore our microbiome which represents 80% of our immune function. In earlier times people knew how to preserve vegetables for long periods without the use of freezers or canning but through the process of lacto-fermentation, named after the *Lactobacillus* strains that turn sugars into lactic acid, which preserves the foods. These bacteria live on the surface of plants and are the key to the fermentation process. Fermenting is an easy, low-cost and sustainable way to preserve the nutritional value of foods. And of course, fermented foods are an excellent way to maintain the health of your microbiome. The benefits don't stop there, though. Many of the acids created in fermentation have digestive and anti-inflammatory benefits, and because the foods are partially broken down by bacteria, they are easier to digest. Creating an anaerobic (oxygen-free) environment allows friendly bacteria strains to survive and multiply, while harmful strains can't. This makes fermented foods remarkably safe. During fermentation, bacteria create carbon dioxide, ethyl alcohol, hydrogen peroxide and acids that give fermented foods their tangy taste. These beneficial organisms produce numerous helpful enzymes as well as antibiotic and anti-carcinogenic substances. In Europe the principle lacto-fermented food is sauerkraut. Lacto-fermented vegetables are easy to prepare. Vegetables are first washed and cut up, mixed with salt and herbs or spices and are then pounded briefly (you can use a wooden pounder or meat hammer) to release juices. They are then pressed into an air tight container, preferably a glass jar or lead-free glazed ceramic. Quart-sized, wide-mouth mason jars are excellent for this process. Avoid fermenting in plastic to avoid exposure to BPA. It is important to use the best quality organic vegetables, sea salt and filtered or pure water for lacto-fermentation. *Lactobacilli* need plenty of nutrients to do their work; and, if the vegetables are deficient, the process of fermentation will not proceed. A brine (salty water) inhibits putrefying bacteria for several days until enough lactic acid is produced to preserve the vegetables for many months. Many vegetables contain enough water to make brine, such as cabbage, and salt is added to pull water out. Other veggies, like carrots, won't release enough water, so brine is added. Always rinse produce with water, but avoid excessive scrubbing or peeling as most friendly bacteria live on the surface. ~ over ~



Salt is an important ingredient in fermentation. Not only does it keep unwanted bacteria from propagating, it also helps keep the vegetables crunchy and crisp, adds flavor, preserves vitamin content, and will slow the fermentation process to allow flavor to develop more fully. The amount of salt added to vegetables can vary depending on personal taste preference, the vegetables and other ingredients called for. You can add salt to shredded or chopped vegetables directly, such as cabbage. Kneading salt into the vegetables draws the juices out. Place cabbage in jars and press down firmly with a pounder or meat hammer until juices come to the top of the cabbage. For vegetables that don't release enough juice you can submerge them in a brine by dissolving 1—3 TBSP. of sea salt per quart of water. You can reduce or increase the amount of salt to fit your taste. However, too little salt may allow mold and other unwanted bacteria into the batch; it may not keep the vegetables crisp. Too much salt can slow the fermentation process down to the point of halting it altogether. Pour the brine over the vegetables, leaving at least 1 inch of headspace at the top of the jar. Vegetables will need to be completely covered. To prevent pieces of vegetables and spices from floating, place a small weight (small bowl or jar) on top of the vegetables to hold them under the brine. Cover the jar with a clean cloth or lid. If using a lid, "burp" containers daily to relieve pressure (open lid slightly to let gas escape). Check regularly, and add more brine as needed so the vegetables stay fully submerged. Keep jar at room temperature for about 3 days. In general, a room temperature of about 72 degrees will be sufficient to ensure a lactic-acid fermentation in about two to four days. More time will be needed if your kitchen is colder and less if it is very warm. Some lacto-fermented products may get bubbly. This is natural and no cause for concern. And do not be dismayed if little spots of white foam appear at the top of the brine. They are completely harmless and can be lifted off with a spoon. Once vegetables are fermented, remove weight, seal jars tightly and transfer to fridge. Refrigerate for up to 12 months. Lacto-fermented vegetables increase in flavor with time—according to the experts, sauerkraut needs at least six months to fully mature. But they can also be eaten immediately after the initial fermentation at room temperature. For best long-term storage, as you eat your fermented vegetables, continue to transfer them to smaller jars to minimize the amount of air at the top. Enjoy!

NOVEMBER SPECIALS

Nancy's—Sweet Cream Yogurt, 8 oz., variety	30% OFF
Bob's Red Mill—Coconut Flour & Almond Meal, 16 oz.	30% OFF
Bob's Red Mill—Organic Farro & Tricolor Quinoa, 16 oz.	30% OFF
Cocomel—Coconut Caramel, 3.5 oz., assorted	30% OFF
Dave's Gourmet—Organic Pasta Sauce, 25.5 oz., variety	30% OFF
Kate's Real Food—Organic Nutritional Bars, variety	30% OFF
Purely Elizabeth—Organic Pumpkin Fig Granola, 12 oz.	30% OFF
Sir Kensington's—Mayonnaise with Avocado Oil, 16 oz.	30% OFF
Star Anise Foods—Brown Rice Noodles with Green Tea	30% OFF
Star Anise Foods—Rice Spring Roll Wraps, 8 oz.	30% OFF
Triple Leaf—Assorted Teas, 20 bags	30% OFF
AND MANY MORE ITEMS!	



Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. ~Melody Beattie

Organic Roots  **Bistro**

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MONDAY through SATURDAY 9 AM—5 PM
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WE LOOK FORWARD TO SERVING YOU!

With sincere Thanks and warm wishes. It is our pleasure to serve you. We treasure your friendship and support.

Evergreen Cottage & Organic Roots