

## **Raw Saltless Sauerkraut \*(Salt Option):**

Start with a minimum of 25 pounds of vegetables. Use mainly cabbage with beets and carrots. If desired: add celery, garlic, herbs, and soaked, chopped seaweeds such as dulse, wakame, and kelp. Any other vegetable can also be used. Option: add salt (1/2% to 1,1/4% of vegetable weight).

- Use stainless steel or ceramic crock (a 5gallon container will hold approximately 35 pounds of vegetables).
- Grind up vegetables with a food processor, juicer (remove the screen), a standard-size grater; or cut them up.
- If you don't use salt, the vegetables must be made juicier: put them in a stainless steel bowl or other unbreakable container and pound them with a board until some juice flows out- the more juice, the better.
- Place the vegetables in the crock. Don't fill to the brim (the fermenting vegetables will expand). If salt is used, mix it in now.
- Put many fresh cabbage leaves on top of the vegetables.
- Gently, yet firmly and evenly, compress the leaves using your hands and body weight.
- Put a plate as wide as possible on the crock.
- Put a rock or other weight on the plate. Do not put so much weight, that juice is forced up above the fermenting vegetables. Check that the weight is right and the plate is sitting even and flat a few times in the next 24-36hours.
- Let the vegetables sit in a well-ventilated room at room temperature (between 60-72°F). After 5-7days, throw away the old cabbage leaves and moldy discolored vegetables on the top. Put the remaining sauerkraut in glass jars and refrigerate.
- Kraut will keep for 4 to 8 months when kept at 34°F and opened minimally. Do not freeze. If salt is used, then it can be kept at temperatures as high as 40°F.

Note: The best fermentation takes place when at least 25 pound of vegetables are used; however, smaller amounts of sauerkraut can be made with acceptable results. For instance, for a first attempt at kraut making, try two large heads of cabbage in this recipe.

\*This technique for making raw sauerkraut is adapted fro *Raw Cultured Vegetables* by Evan Richards. Most commercial sauerkraut is pasteurized.

### **HEALING FOUNDATIONS NATUROPATHIC CARE.**

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