

## **Time Codes: Video Lesson 7 - Fermentation**

0:00

Part I: Introduction

About Fermentation - how and why does it work?

2:38

Fermentation as a Form of Food Preservation and Food Storage

3:50

Fermentation Makes Food Easier to Digest, with Examples

6:00

About Phytic Acid

Health Benefits of Sprouting Nuts, Seeds and Grains

8:00

Health Benefits of Fermented Foods

Nutrients

8:40

Fermentation Creates New Nutrients

9:30

Lactic-Acid Fermentation

10:10

About Lactobacillus Bacteria (also called probiotic bacteria) and the Microbiome

12:35

How Much to Eat!?!

14:00

Protecting and Caring for your Gut Flora: What to Avoid

16:00

Impacts of Stress on Gut Flora

16:35

Importance of Microorganism Diversity in the Microbiome

18:28

Part II: Making Sauerkraut

18:40

Examples of Fermented Foods

19:15

Importance of Raw and Unpasteurized!

22:00

Making Sauerkraut - Ingredients

23:00

Preparing the Cabbage

25:55

Creating a Healthy Environment for Lactic Acid Fermentation

26:20

Role of Salt in Lactic Acid Fermentation

26:55

How Much Salt to Use

1 - 2 Tablespoons of Salt for Every Large Cabbage

Large Cabbage is About 5 pounds

27:45

Wild Fermentation

28:43

Maceration

30:40

Lactic Acid Fermentation is Anaerobic

32:47

Making Sauerkraut

Packing the Crock

33:15

About Crocks and Other Fermenting Vessels

35:00

Packing the Crock or Jar

36:45

Making Brine

36:48

Salt Water Brine:

1 Tablespoon of Salt With Every 2 Cups of Water

Always use non-chlorinated water (filtered, well or distilled water)

37:38

What Kind of Salt Should I Use?

Do Not Use Iodized Salt!

39:34

Weighing Down the Cabbage, etc.

40:46

Creating a Seal

42:19

Different Crock/Fermentation Vessel Options

44:26

Set Aside to Ferment

Factors that Effect the Length of Fermentation

45:16

When is my Sauerkraut Ready?

46:35

Storing Sauerkraut

48:50

What to do in HOT weather?

50:20

Surface Mold

51:20

Plume - Harmless, White, Powdery Stuff that Forms on the Surface of the Brine

53:10

Part III: Making Lacto-Fermented Pickles

53:30

My Favorite Types of Lacto-Fermented Pickles

56:05

Demonstrating Making Lacto-Fermented Pickled Carrots

First Step - Prepare the Vegetables

56:30

Begin to Add Ingredients to Clean Jar

57:40

Health Benefits of Pickled (and raw!) Garlic

1:00:00

Cover Vegetables with Brine

1:00:00

Salt Water Brine:

1 Tablespoon of Salt With Every 2 Cups of Water

Always use non-chlorinated water (filtered, well or distilled water)

1:00:40

Cover with a Lid

1:01:10

Managing the Pressure/Gas Release During the Early Phases of the Fermentation Process

1:02:15

Fermentation Process: Length of Ferment

1:03:50

When "Done," Store in Refrigerator

1:04:20

Always Refrigerate Once you Start Eating them

1:04:35

Dealing With Surface Mold

1:05:25

Refill Brine When Necessary

1:06:25

Color of Brine Liquid Changes During Fermentation Process (clear - milky and a little cloudy)

1:08:05

Incorporating Lacto-Fermented Vegetables and other Fermented Foods into Your Diet

1:10:25

Experiment!

1:10:45

Books on Fermentation

1:12:30

About Whey and Fermenting with Whey