



Cultured Vegetables

1 package cultured vegetable starter*
1 large head green cabbage
3 pounds carrots

Pull off outer leaves of cabbage, cut into large sections and wash. Set aside. Shred cabbage and carrots in food processor or by hand. Place 2 cups cabbage/carrot mixture in blender with enough water to make a puree.

Add culture starter and let sit for 15 minutes. Add puree back to the cabbage/carrot mixture and mix well.

Place mixture in clear jar or canister. Pack down with our fist to remove all air bubbles. Leave about 2 inches of headspace. Place a layer of cabbage leaves on top to seal out air. Seal with airtight lid. Place in cool dark place for 3 to 6 days or longer. It will ferment and bubble a little. If the top turns brown simply scrape off and discard. After about 7 or 8 days, refrigerate. Will keep up to 8 months.

*Culture starter can be ordered from Hannah's Herb shop
800-206-6722
www.peacefulmeadowretreat.com

- Other vegetables can be added: beets, sweet potatoes, fresh herbs and lemon juice
- If using ocean vegetables, soak these in water first then drain and chop
- If desired, you can add one teaspoon of a mineral rich, natural sugar to the cultured puree. The bacteria will feed off the sugar and not cause a problem if you have candida.

Cultured vegetables are loaded with live cultures that we all need in abundance. Eat a serving with each meal. Start with one teaspoon, gradually adding until you are eating about 3 Tbs with each meal. Season with sea salt and olive oil, if desired.

**Made available to you by The Raymon Grace Foundation
and Peaceful Meadow Retreat
www.RaymonGraceFoundation.org**