

Veggie Slaw

- Radishes from Oxbow
- Onions from Bautista
- Cabbage
- Carrots
- Cilantro
- A few cloves of smashed garlic
- Juice from 1 lemon
- Sea salt

Combine ingredients. Better if it stands in fridge overnight.

Ferment

How to put up a lot of what's in season!

- Measure 8 Cups of veggies from Veggie Slaw recipe
- Add 2 Tbsp salt
- Add 8 Tbsp whey (1/2 Cup)
- Add 2 Cups water (non-chlorinated)

Make sure all veggies are submerged in liquid

Leave this mixture lightly covered in a cool place for 3 days

Store in refrigerator. Test periodically until it no longer tastes salty.

* Make sure vegetables stay submerged. May take up to 2 weeks.