

Earth Holders Pink or Green Sauerkraut

The best and healthiest thing to do with all that cabbage. It's super easy, fun, and healthy.

Ingredients

- One or more cabbages
- Salt
- A crock or large glass jar
- A carrot (Opt)
- Caraway or dill seeds (Opt)



Directions:

1. Remove any damaged, wilted outer leaves from a white cabbage.
 - a. *If you want pink sauerkraut, use half a green cabbage and half a red cabbage.*
 - b. *If you use all green, you can also add some shredded carrots if you like.*
2. Remove the core and shred into fine slices. You should end up with about 5 cups of shredded cabbage.
3. Put in a bowl and shake a heaping Tablespoon of salt over it. Add one tsp of caraway seeds (optional). You can try dill seeds too.
4. Work the ingredients together with your hands well to release all the juices.
5. Pack it into a large crockery or glass container. Press the cabbage down as you go. The liquid released from the cabbage should cover it up. If it doesn't, you can add 1 cup filtered water with 1 Tbsp of salt diluted into it.
6. Once it is all packed in and the brine is covering it. Place a heavy weight on top. I use a water filled plastic bag. The main point is to ensure the cabbage stays below the brine.
7. Cover with a dishtowel and let it ferment for about a week or so. If any bloom (scum) appears on the top, just remove it and keep fermenting. Once it has reached the taste you like (the longer it goes the more intense it will be), put in the fridge and enjoy!!!
8. The pink is a great side salad and both are great on veggie brats, tofu and other such foods.
9. Sauerkraut is good to eat a little every day as it has lots of healthy bacteria that your 'gut' likes and needs!

An ancestral sauerkraut story: One of our sangha brothers said his grandparents, German immigrants, who lived in the northern mid-west, used to keep a crock of sauerkraut on their back porch—and eat it on ice cream! Moral: Anything can be healthier with sauerkraut!