



Home Food Fermentation

There are many reasons why fermentation is practiced at home including: 1) preservation, 2) flavor enhancement, 3) tradition and 4) suggested health benefits. Common fermented foods are sauerkraut, kimchi, pickles, yogurt and kombucha. Foods are preserved by adding bacteria that converts sugars into acids. The higher acidity of these foods preserves them by preventing the growth of harmful bacteria.

Key Terms

Fermentation - process of bacteria and/or yeasts converting foods' carbohydrates into acid, carbon dioxide and/or alcohol which preserves food

Lactic acid bacteria (LAB) - the primary bacteria responsible for vegetable fermentation.



Sauerkraut

- Naturally fermented product using cabbage and salt
- Sour taste created when LAB converts cabbage's carbohydrates to lactic acid
- Store by refrigerating, canning or freezing



Kimchi

- Naturally fermented vegetables usually Napa cabbage or radishes
- Taste regularly until desirable flavor achieved
- Store refrigerated



Kombucha

- Fermented sweet tea
- Produced using a symbiotic colony of bacteria and yeast (SCOBY)
- Store refrigerated



Fermented Pickles

- Naturally fermented cucumbers
- Ferments in a brine prepared from canning salt, vinegar and water
- Store by refrigerating or canning in boiling water bath canner for shelf stable storage