

Fermenting Class Materials List

All Classes Required: Knife; cutting board; measuring spoons; large bowl; mason jar (pint, quart or half gallon depending on the ferment, but any size from a pint up will work), or crock; some sort of tamper (could be fermenting specific, or a rolling pin with no handles); plastic wrap and/or, zip-lock style bag; non-iodized, all-natural, no preservative added salt (I recommend Diamond Crystal Kosher Salt), vegetables and fruit per syllabus

Class One Additional Materials

Cabbage, herbs of your choosing, garlic, red or white onion

Class Two Additional

Carrots, green beans, hot peppers, cauliflower, onions, shallots, hot peppers, sugar, vinegar, water

Class Three Additional

Napa cabbage, carrots, daikon, ginger, garlic, dried, red hot pepper flakes or Korean Gochugaru, water, cranberries, oranges, candied cranberries, candied ginger (optional), almonds