



Tips for New Fermenters

1. Buy S-O-L (Seasonal, organic & local) ingredients
2. Trust Your Senses
3. It's Fine Under the Brine
4. Surface mold & yeast is normal
5. Food ferments **faster** when it's **warmer**, **slower** when it's **cooler**
6. Sanitize, not sterilize
7. Opening jars during fermentation is fine
8. Use unprocessed, non-iodized sea salt
9. Use the purest water available
10. Longer Fermentation Time ►►
More Salt
11. Label your Jars

