



GETTING STARTED GUIDE

by Donna Schwenk

How it all started

The first time I made cultured vegetables I made them, stuck them in my refrigerator, and forgot about them. A few weeks later my husband, daughter, and I ate some bad artichoke dip and got really bad food poisoning.

There I lay in bed moaning and deliriously sick. I was sleeping on and off, dreaming about chickens of all things. When I woke up, I remembered an article I had read about chickens that were infected with the bird flu. They were given Kimchi, a cultured veggie, and 98% of the chickens recovered.

So I dragged myself to the refrigerator, drank the juice from my forgotten cultured veggies, then went back to bed. After about twenty minutes I was up doing dishes and crying in relief that I felt so much better.

From that day to this these veggies have performed many miracles on my family, friends, and online community. They are my arsenal for any sickness: colds, flu, allergies, and any kind of stomach ailment. Just make and eat them.

They work!

Everybody knows we should all be eating more vegetables. It's common knowledge, yet few people eat as many as they should. There are two powerful reasons you should not only be eating vegetables, but also *cultured* vegetables.

Cultured veggies are loaded with billions of probiotics in every spoonful, but they also contain **prebiotics** in the veggies themselves. Cruciferous vegetables such as broccoli, cabbage, carrots, cauliflower, kale, radish, and many more veggies are **prebiotic** foods. Prebiotics are **food for bacteria**.

Prebiotics make the bacteria inside you grow like crazy. This powerful combination of probiotics and prebiotics can help you digest your food, increase the nutrients you receive from foods, remove harmful pathogens, boost your adrenals, and literally change you from the inside out. You can accomplish all this in a few spoonfuls of cultured vegetables. They are powerful allies when cold and flu season hits because they can train your immune system to keep you well. You will get a sense of freedom and assurance that will help you to believe in your own wellness.

The famous sea captain, Captain Cook, was one of the first people to make cultured sauerkraut a healing modality. He always took barrels of sauerkraut on his ships to keep the men from getting scurvy. (Cultured sauerkraut is loaded with Vitamin C which prevents scurvy.) In 1768, he took his first vessel and crew on a long voyage and a violent storm arose. The waves tossed the ship about violently and many crewmen were injured. To save the men from gangrene, the ship's doctor made poultices of the fermented cabbage on board, applied it to their wounds, and it healed them.

If you take the journey with cultured foods, you will unlock a world of wisdom, health, and insight into the miracle inside of you. All the forces in the world are not as powerful as wisdom discovered by someone who needs it.

HOW TO MAKE CULTURED VEGETABLES

Here's an easy recipe to get you started. It's called **Orangeade Kraut** and it's delicious!

Ingredients

- 1 [Half Gallon Jar with Airlock Lid](#)
(The airlock lid is optional, but it lets gases escape and helps your veggies taste better)
- 1 small head of cabbage
- 1 apple, unpeeled & cored
- 1 orange
- 1 tablespoon [Celtic Sea Salt](#)
- 1 teaspoon sugar or fruit juice
- ½ packet [Cutting Edge Starter Culture](#)*



*You can substitute the [Starter Culture](#) with ½ cup [Kefir Whey](#). Just make sure that it's from fresh kefir for best results. You can also choose to make your veggies without using either type of culture, but the good bacteria will stay at a higher level longer if you add a culture. This will also increase your own body's ability to use and grow these good bacteria inside of you. The one I believe does this the best is [Cutting Edge Starter Culture](#).

If you **don't** use a culture then you **must** add the salt. The vegetables themselves with acidifying bacteria create the probiotics that preserve your vegetables. This creates an environment that is safe. The good bacteria dominate and keep out any harmful pathogens.



Step 1 (if using Cutting Edge Starter Culture)

- Add the Cutting Edge Starter Culture, sugar or fruit juice, and ½ cup filtered water (do not use distilled) into a small bowl. Mix and set aside.

This will start to activate your culture. Don't worry about the sugar or fruit juice, it will be consumed by the culture!

Step 2

- Remove the outer leaves of the cabbage.



Step 3

- Finely shred the cabbage and apple. You can use a food processor or shred by hand.
- Add salt to cabbage and apples and combine thoroughly.

Step 4

- Slice the orange into thin pieces and place them outside of the jar (or you can just layer them in the jar anywhere).



Step 5

- Pack the shredded cabbage and apple into the jar.

Step 6

- Add the culture mixture (or ½ cup kefir whey) and then fill the jar with filtered water (do not use distilled). Leave 2 to 3 inches at the top of the jar to allow your veggies to bubble and expand as they ferment.
- Place a lid on the jar and set in a cool place, out of direct sunlight for 6 days. Then place in the refrigerator.



Notes

- The veggies will bubble and expand. That's the fermentation and lactic acid developing!
- If the vegetables float out above the water, open the jar, push them back down under the water, and seal the jar again. The cabbage will mold if exposed to air for too long. The rest of your veggies won't be ruined if that happens. Just scoop out the affected veggies and push the rest of them back down under the water.
- As I said earlier, you don't have to use a jar with an airlock lid. I get all riled up when people say you **have** to use an airlock to make cultured veggies or you'll harm yourself. It's simply not true. It scares people, and then they don't make cultured veggies because they're afraid. I do sell airlock lids and I think they're great, but I am by no means going to say you have to only use them. Airlock jars create a low oxygen, or anaerobic, environment. Lactic-acid bacteria thrive in this! It creates the best results with less chances of mold, but is not absolutely necessary. I want you to make cultured veggies any way you can, be it a canning jar, clamp down lid, crock, or airlock jar.

Once you are able to grasp the basics of this guide, I invite you to check out the information on my website. There is more that you can learn that will make your experiences with cultured vegetables even better! I have articles on things like:

- [The Most Powerful Cultured Veggies](#)
- [What's this on my cultured vegetables?](#)
- [Fermenting Tip: Put a lid on it?](#)
- [Do Cultured Veggies Need a Starter?](#)
- [Frequently Asked Questions About Cultured Vegetables](#)

I also have [recipes](#), [videos](#), and even a [forum](#) where you can ask questions. Check it out!

Warmly,

A handwritten signature in black ink that reads "Donna Schwenk".