

Fermentation Garden

Looking for a fun and exciting way to preserve your herbs and vegetables? Try fermenting them! So what's the difference between pickling and fermenting?

Pickling uses an acidic liquid, such as vinegar, and heat to destroy and inhibit the growth of all bacteria. The end result is a sterilized product whose flavor remains the same throughout its shelf life, which can be up to one year.

Fermentation immerses food in a non-acidic liquid, such as a salt brine, without the addition of heat. The brine kills the bad bacteria while allowing the good bacteria, *Lactobacillus*, to feed on the foods naturally occurring sugars. This produces beneficial enzymes and various strains of probiotics. The end result is a living product whose flavor will intensify over the course of its shelf life, typically less than two months. Studies suggest that eating foods containing live *Lactobacillus* bacteria can lead to a healthier digestive system!

Did you know?

Fermentation works because bacteria that could be harmful to us can't tolerate much salt, while healthy bacteria can. Think of them as the bad guys vs. the good guys. Fermentation wipes out the bad guys in its first stage, then lets the good guys get to work during the second stage.

How many
of these
plants have
you eaten,
pickled or
fermented?



Fermenting your own herbs and vegetables is easy!

Find helpful Fermentation Garden
information at GBBG.org/Herbs