

Top 10 Tips for Fermenters

1. Use S-O-L (**S**easonal, **O**rganic & **L**ocal) 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. Opening jars during fermentation is fine
7. Use unprocessed, non-iodized sea salt
8. Use the purest water available
9. For Longer Fermentation Times >> Use More Salt
10. Label your Fermenting Vessels (Start Date & Contents)



LEARN MORE AT
FERMENTERSCLUB.COM