



Instructions For Use:

1. Select your vegetables and herbs - preferably organic. Cabbage should be the backbone of your blend. Shred or chop vegetables.
2. Juice celery to create a brine - approximately half a bunch of celery for every quart of vegetables.
3. Add Kinetic Culture to the brine - ¼ tsp of Kinetic Culture for every quart of vegetables.
4. Pour the brine over the shredded vegetables and mix in a bowl.
5. Pack the jars with the mixture. Compress and mash to remove air pockets.
6. Top off with a cabbage leaf. Tuck the edges of the leaf into the sides. All vegetables should be under the brine.
5. Screw on Jar Lids.
6. Ferment at approximately 72°F (23°C) for 3-4 days. In the winter ferment up to 7 days. A temperature-stable environment (such as a cooler) is recommended.
7. When the fermented vegetables reach your desired taste, remove the Jar Lids, replace with Mason Jar covers and store in the refrigerator.
8. The Jar Lids must be cleaned thoroughly after each use. Remove the filter and set aside. Wash the lid, cover and seal with soap and water, or in the dishwasher.

For more detailed information on fermenting with Kinetic Culture, go to <http://products.mercola.com/kinetic-culture/>

A filter must be installed in the Jar Lid prior to use.

Use the notch on the side of the lid to pry off the gray top and access the chamber. Open a packet and place the filter in the chamber, then reassemble the lid.

Filters and seals can be used multiple times, but should be replaced when necessary to reduce odors.