CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Fermented Vegetables

Foundational Fermentation Support

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What This Supports: Gut health • Digestion • Microbial diversity • Meal prep

Why It Works: Mixed vegetable ferments support the growth of lactic-acid bacteria and organic acids. Rotating vegetables and aromatics is a practical way to increase dietary diversity—one of the strongest nutrition predictors of microbiome variety.

Tools Needed:

- 1 jar
- Knife
- Cutting board
- Spoon

Ingredients:

- 2 cups hard veggies (carrots, cauliflower, broccoli, asparagus,...) cut into bite sized pieces
- Handful of aromatics (garlic, ginger, chilli peppers, lemongrass, dill,...)
- 4 tbsp whey
- 1 tbsp salt

Directions:

1. Place all ingredients into a jar and fill with filtered water, leaving one inch of room at the top. Mix and match veggies and aromatics to your liking.
2. Put lid on jar and shake to combine, making sure all salt is dissolved.
3. Place on a counter and cover with a towel for 4-7 days, burping it each day.
4. Will keep in the fridge for up to 6 months.

Key Nutritional Benefits:

- Encourages consistent fermented-food intake with minimal prep.
- Vegetable fiber supports satiety and digestive regularity.
- Aromatics (garlic/ginger/dill/chili) add flavor and plant compounds.

Best Use:

- Add a small serving to lunch/dinner for crunch + acidity.
- Rotate veggie types weekly to increase diversity.
- Use as a side, topping, or snack with meals.

Quick Notes:

- Keep solids under brine; use a weight if needed.
- Ferment at room temperature out of direct sunlight.
- Refrigerate when you like the taste; it will continue to slowly ferment.
- Discard if mold is fuzzy or the smell is unpleasant/rotten.