CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Ferments 3 Ways

Core Skills for Gut-Friendly Meal Prep

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What This Supports: Gut Health • Food Preservation • Microbial Diversity • Budget Meal Prep

Why It Works: Learning multiple fermentation methods helps you rotate ingredients for diversity. Salt/brine ferments favor lactic-acid bacteria, producing acids that help preserve foods and create the tangy flavor profile typical of krauts and vegetable ferments.

Tools Needed:

- Clean glass jar(s) with lid
- Cutting board + knife
- Measuring spoons/cups
- Clean spoon
- Paper towel or cloth (if needed)

Ingredients:

- 3 rice cakes
- 3
- 6 tbsp grass fed butter
- 1
- 2 tbsp feta or goat cheese
- 3 tbsp fermented blueberries
- 2 tsp balsamic vinegar
- 2
- 4 tbsp fermented beet hummus
- Fresh rosemary
- 3 tbsp fermented salsa
- Cilantro
- Flaked salt

Directions:

1. 1. 1. Butter rice cakes
2. 2. Top as desired

Best Use:

Use as your base playbook: choose Method 1/2/3 depending on time, ingredients, and preference. Great for weekly meal prep.

Food Safety & Quick Notes:

• Always use non-iodized salt if the recipe specifies (iodine can inhibit ferments).
• Keep vegetables submerged under brine to reduce mold risk.
• Burp jars if using airtight lids, as pressure can build.
• Discard if you see fuzzy mold or smell something rotten (not just sour).

Storage:

Refrigerate after fermentation reaches your preferred flavor; most veg ferments keep 2–4 weeks chilled.