CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Kimchi

Traditional Fermented Vegetables for Gut Diversity

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What This Supports: Gut Health • Microbial Diversity • Vegetable Intake • Budget Meal Boost

Why It Works: Kimchi-style fermentation uses salt and time to favor lactic-acid bacteria. The result is a fiber-rich, flavorful condiment that can help increase vegetable intake and fermented-food variety—two practical levers for improving diet quality.

Tools Needed:

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

Ingredients:

• 2.5 litres basic salt brine
• 2 lbs baby bok choy
• 5 small carrots
• 1 bunch radish
• 2
• 4 tbsp unpeeled, grated ginger
• 2 tbsp chopped ginger
• 1 tbsp fermented shrimp paste
• 1/4 cup chilli powder
• 1/4 cup fish sauce

Directions:

1. 1. 1. Cut and wash baby bok choy. Place in a large bowl and cover with salt brine. Ensure all bok choy stays under the brine, cover, and set aside for 2
2. 12 hours.
3. 2. Strain bok choy and set brine aside (store in airtight containers and re
4. use next time).
5. 3. Chop remaining veggies, add to bok choy, and mix like a salad
6. 4. Combine garlic, fermented shrimp paste, chilli powder, and fish sauce into a paste in your smaller bowl. Add to ‘salad mixture’. Knead to combine until there’s enough brine to cover veggies.
7. 5. Press into jars, ensure veggies are covered in brine, and place, covered, on countertop for 4

8. 7 days.
9. 6. Taste each day. Place in fridge when desired taste shines through.

Best Use:

Use 1–3 tablespoons with meals (rice bowls, eggs, salads, wraps). Great for budget meals—adds flavor without extra sauces.

Food Safety & Quick Notes:

- Keep ingredients submerged and use clean tools to reduce spoilage.
- Expect tangy/sour aroma; discard if you see fuzzy mold or smell rotten.
- Start with small servings if you're new to spicy ferments.
- Not medical advice; consult a clinician if you have GI conditions that flare with spicy foods.

Storage:

Refrigerate after the initial ferment. Flavor deepens over time; typically keeps 2–4 weeks chilled.