Handout for Janelle Lucido-Conate
Kimchi Kraut and easy broth soups

Resources list includes:
The Art of Fermentation by Sandor Katz
Nourishing Traditions by Sally Fallon
My website is: janellelucido.com

Kimchi Ingredients
1 head of napa cabbage, cored and cut into 1- to 2-inch lengths (think bite size)
2 carrots, sliced thin on the diagonal
1 bunch green onions, sliced on the diagonal in 1- to 2-inch lengths
1 T. sea salt
3- to 4-inches of fresh ginger
2 heads of garlic
Filtered water for blending paste
1-3 T. Korean chili powder, according to your taste
Mason jars with lids

Kraut ration 1TBS salt to one medium head of cabbage add more salt as needed