

# **FERMENTED SAGE**



## **Ingredients:**

Recommended amounts for Kefirko jar, 848 ml (28 oz):

- 150 g (5 1/3 oz) sage leaves
- 300 ml (1 1/3 cup) water
- 9 g (2 tsp) salt

## **Fermented sage preparation**

Wash the sage well, drain, wrap lightly in a towel to dry. Fold the leaves into a jar. Pour water to the rim of the glass and weigh. Subtract the weight of the jar and add 2% salt based on the weight of the entire contents of the jar, both sage and water.

Pour water from a glass into another container and dissolve the salt here. Then pour it back into the jar. Seal the jar well and make sure that the spring with the weight pushes the sage down nicely and is submerged in liquid. After a while, the spring will push the herbs down enough so that there are no air bubbles inside. Pump the air from the jar using the silicone pump. Ferment for 1 to 2 weeks at room temperature. Then place the jars capped in the refrigerator, where they can be stored for up to 6 months.

## Benefits of fermented sage

Just make sure the herbs are submerged in liquid all the time. Fermented sage can be used for chewing when you experience issues in the oral cavity or with digestion. Spit the leaves out after some time. You can use the liquid to rinse the oral cavity (inflammation of the gums, canker sores...), if the concentrate is too strong, dilute it with water. Very diluted liquid can be drunk to calm down the digestion.

### Tips for different combinations of herbs:

- chop onion, grate fresh ginger, chili, garlic;
- chili, anise, fennel, garlic;
- thyme, rosemary, summer savoury, edible lavender flowers, tarragon, oregano, mint.

### Important note:

We do not advise long-term consumption of sage. Treatment should not last longer than three weeks, it's advisable to consult medical experts too. Also it's not recommended to consume sage during pregnancy or nursing, or for people with epilepsy.

See more recipes [here](#).

Recipe by Suzana Kranjec, fermentiraj.si.

### Products used to prepare this recipe:



# Veggie Fermenter

[Buy on Kefirko.com](https://kefirko.com)



## Sea Salt

[Buy on Kefirko.com](https://kefirko.com)