

# WISDOM KRAUT WITH HERBS



## **Ingredients:**

- 1/4 teaspoon Cutting Edge Cultures - or 1/4 cup of kefir whey
- 1 cup Water - to mix the starter culture
- 1 small butternut squash
- 1 small onion
- 1 small zucchini
- 1/2 tablespoon poultry seasoning - (sage, thyme, marjoram, & rosemary)
- 1/2 tablespoon Sea Salt
- 1/2 cup apple juice

## **Wisdom kraut preparation**

If using the starter culture, stir together the culture and water. Let the mixture sit while you prepare the ingredients—around 10 minutes. If using kefir whey, add it when the recipe calls for culture.

Remove the skin from the butternut squash and then shred it or finely chop it. Shred the zucchini and onion. Place all in a bowl and add poultry seasoning and salt and toss to combine.

Pack the shredded veggie mixture into a half gallon jar or the equivalent of two quart-size containers. You can use glass or ceramic containers that can be securely sealed. Add the juice, Cutting Edge Culture or kefir whey and cover with water, leaving an inch or two at the top.

Seal the container and let it sit on your kitchen counter, out of direct sunlight, for 2 days. After 2 days, place them in the refrigerator.

Check the vegetables every day to make sure they are fully submerged in the water. If they have risen above the water, simply push them down so they are fully covered by the water. If any white spots formed because the veggies rose above the water, do not worry. Remember, this isn't harmful. Just scoop out the vegetables that have the white spots on them and push the rest back under the water.

**Storage note:** This kraut can be kept in a covered air- tight jar in the refrigerator for up to nine months.

See more recipes [here](#).

Recipe by Donna Schwenk, [culturedfoodlife.com](http://culturedfoodlife.com).

**Products used to prepare this recipe:**



## [Veggie Fermenter](#)

[Buy on Kefirko.com](http://Kefirko.com)



## [Sea Salt](#)

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