You'll need:
- A glass jar
- Water
- Lentils (you can also experiment with sprouting other things like wheat berries, buckwheat, spelt, quinoa...)
- Something to put on top of the jar to let it breathe (fabric, cheesecloth, paper coffee filter, etc.) + a rubber band to secure in place
- Buckwheat, spelt, quinoa...

**Sprouting Lentils**

**Sprouted Lentils**

Sprouting lentils is fun because you not only get to watch the lentils grow, but it’s an easy way to turn a pantry staple into a “fresh” food.

You’ll need:
- A glass jar
- Water
- Lentils (you can also experiment with sprouting other things like wheat berries, buckwheat, spelt, quinoa...)
- Something to put on top of the jar to let it breathe (fabric, cheesecloth, paper coffee filter, etc.) + a rubber band to secure in place

**Basic Quick Pickle Brine**

Brine: 1 cup (240 ml) water + 1 cup (240 ml) vinegar (different vinegars will result in different flavors) + 1 to 2 teaspoons salt (depending on saltiness you are after) + 1 to 2 teaspoons sugar or honey (not necessary, but helps to round out flavor)

Sliced vegetables (carrots, onions, cucumbers, rhubarb, etc)
Any herbs/spices you want. Ideas: bay leaf, peppercorns, star anise, etc.

Quick pickles aren’t fermented, but a vinegary brine gives flavor and helps to extend the shelf life of vegetables.

**Fermented Cabbage and Carrots**

1 head green cabbage
4-5 carrots
3 cloves chopped garlic
1 inch grated ginger
4-5 tablespoons course sea salt
1-2 tablespoons red pepper flakes
Green onion
Radish

Now we're getting a little more exciting with our fermentation game. You can spice this one up as you see fit.

Chop cabbage, carrots, and onion to equal sizes.
Combine vegetables with garlic, ginger and optional ingredients, if using, in your fermentation vessel. Add coarse sea salt and massage the vegetables with the salt for 2-3 minutes.

Let sea salt dissolve into the water, taste to see if it seems salty enough. It should taste like a sip of sea water. Brine can be made in advance and then poured over vegetables. You can also break up the process and rub the salt into your vegetable mixture, massaging the cabbage, etc. to get them to start breaking down and releasing their juices, then add water at the end.

Sometimes it’s easy to wait a few hours after the salt rub to see if some vegetable juice has already been released and then add water accordingly, often less than 4 cups.

Make sure vegetables are covered in liquid. Cover a crock with plate (see next section) or loosely seal jar with lid. Let things ferment until the sourness is to your liking. Transfer to an airtight container.

Published by
Emily Dilling & Anna Brones
Comestible Journal &
by
Mary Karlin
Mastering Fermentation
by Sandor Ellix Katz
Fermented Vegetables by Christopher Shockey
Kirsten K. Shockey
(please visit comestiblejournal.com for more Quaran(Tiny) Guides)

**Fermented, Fermenting, & Sprouting**

Preserving, Fermenting, & Sprouting

by
Emily Dilling & Anna Brones
Published by Comestible Journal