

**EASIEST TO INCORPORATE:****FERMENTED & CULTURED FOODS**

<b>Ferment:</b>	<b>Uses:</b>	<b>Brands:</b>	<b>Make at home? Buy?</b>
<b>Unpasteurized wine &amp; beer!</b>	<b>You know! Ask for “live” or “bottle</b>	<b>conditioned” beer (adults only/moderatr)</b>	<b>Buy!</b>
<b>Raw milk fermented cheese</b>	<b>Snacks, on bread,</b>	<b>Gruyere, Comte, Stilton, Parmesan,etc</b>	<b>Buy!</b>
<b>Whole Grain Sourdough breads</b>	<b>Although baked, benefits of fermentation remain.</b>	<b>St. John’s Bakery, Sha-Sha, Dimpfelmeier’s, Little Stream gluten free Injeera (Ethiopian Teff bread)</b>	<b>Buy!</b>
<b>Dosa (gluten free pancake)</b>	<b>Fermented rice &amp; lentils, cooked as</b>	<b>a crepe pancake &amp; filled w veggies</b>	<b>Veget. Restaurants</b>
<b>Yogurt, plain</b>	<b>Tzaziki, smoothies, with fruit, pancakes</b>	<b>Pinehedge, Saugeen, Mapleton’s, Ontario Sheep</b>	<b>Buy! Finnick, needs right fermenting temp.</b>
<b>Kefir - similar to buttermilk or liquid yogurt, has beneficial yeast and bacteria</b>	<b>Plain, add egg yolk &amp; vanilla, to soak oats or spelt flour for pancakes &amp; muffins, smoothies</b>	<b>Home-made is best, Liberte brand uses powdered milk solids, Pinehedge is not real kefir.</b>	<b>Make at home using best quality natural milk. EXCELLENT PROBIOTIC</b>
<b>Sour Cream</b>	<b>Add to sauces, gravies, soups, on fruit, pancakes, Mexican food, etc</b>	<b>Pinehedge is excellent!</b>	<b>Buy!</b>
<b>Fil Mjolk (mild &amp; delicious)</b>	<b>Like yogurt or sour cream</b>	<b>Not available commercially</b>	<b>Make at home!</b>
<b>Pickles - non pasteurized and no vinegar or sugar</b>	<b>Slice into sandwiches, chop into tuna/salmon/egg/potato salad</b>	<b>Bubbie’s, Strub’s (refrigerated section of health food store).</b>	<b>Buy! Home made pickles don’t last very long.</b>
<b>Fermented Carrots, Daikon, Radishes &amp; Ginger</b>	<b>As a condiment with any cooked food or chop into salads</b>	<b>Caldwell Bio-Fermentation available at the Big Carrot</b>	<b>Easy to make at home! Recipe on reverse</b>
<b>Kombucha fermented black tea</b>	<b>Great bubbly non-alcoholic beverage</b>	<b>Kombucha Fairy at Health Food Stores</b>	<b>Fairly easy to make at home!</b>
<b>Ginger Soda</b>	<b>Fermented ginger + sugar + opt. whey</b>	<b>Not available in stores</b>	<b>Make at Home, Finnick</b>

**MORE ADVANCED:**

<b>Sauerkraut (non-pasteurized)</b>	<b>Blend into salad dressing, add to soups, or with any cooked food</b>	<b>Straubb’s, Bubbies, Polish Deli, Karthein’s Ginger + Carrot my fave!</b>	<b>Foolproof! 30-60 min of work, many months of kraut</b>
<b>Kimchi (Korean spicy kraut)</b>	<b>As condiment with Asian food,</b>	<b>Gabi’s Kimchi, made in Toronto</b>	<b>Time consuming</b>
<b>Miso Paste</b>	<b>Soups, with tahini &amp; OJ as “gravy”</b>	<b>Tradition Miso (aged), mild or bold</b>	<b>Buy!</b>
<b>Tamari</b>	<b>Use as Soy Sauce</b>	<b>Tradition brand is non-pasteurized</b>	<b>Buy!</b>
<b>Tempeh</b>	<b>Instead of Tofu, stir fries</b>		<b>Buy!</b>
<b>Herring (fermented)</b>	<b>On bread, herring/apple/beet salad</b>	<b>Bubbies, Strub’s</b>	<b>Buy!</b>
<b>Beet Kvass (digestive beverage)</b>	<b>Excellent digestive tonic</b>	<b>Not commercially available</b>	<b>Make at home, see recipe</b>
<b>Water Kefir (non-dairy)</b>	<b>Make with coconut water</b>	<b>Not commercially available</b>	<b>Make at home</b>
<b>Kvass (beverage)</b>	<b>Fizzy beverage made from rye bread</b>	<b>All Star Bakery</b>	<b>Buy!</b>
<b>Ume Plums, Umeboshi Paste</b>	<b>With rice, add to salad dressing,plain</b>	<b>Delicious salty &amp; sour, alkalizing</b>	<b>Buy!</b>
<b>Fish Sauce</b>	<b>Used in asian cooking</b>	<b>Make sure it is natural, no MSG</b>	<b>Buy!</b>

**ACQUIRED TASTE – BUT VERY HEALTHY:**

<b>Natto (fermented Soya beans) excellent for vitamin K2</b>	<b>Condiment, eat with rice and spring onions</b>	<b>Japanese, Korean grocery stores (don’t use the flavouring packages if MSG)</b>	<b>Buy!</b>
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