



## Hawthorne Valley Farm Sauerkraut Cellar

# LACTO-FERMENTED FOODS

**What exactly is lacto-fermentation?** Lacto-fermentation is a traditional method of food preservation used throughout the world for thousands of years. "Lacto" refers to "lactobacillus" bacteria, a family of bacteria that are also present in mother's milk, and are widely believed to be beneficial to our digestive and immune systems. By adding a small amount of sea salt to fresh, shredded vegetables and then packing them in airtight vessels, the already present lactobacilli become active, converting the vegetable sugars and starches into lactic-acid and carbon dioxide which preserves the product.

**What are the health benefits of eating your foods?** Many health benefits have been attributed to the bacteria and enzymes found in raw, lacto-fermented foods. The bacteria and enzymes support digestion, aid in nutrient absorption, assist with metabolic functions, and promote vitamin synthesis.

**Where do your vegetables come from?** As much as possible, our vegetables are sourced from organic farms in the Northeast.

**How long will this keep?** Our lacto-fermented products should be stored in the refrigerator, just as one would store apple cider or milk. If the jars are kept full and cool, they will usually keep for at least 6 months. Once opened, they are best if eaten within two months.

**How much salt is used to make your products?** A 3 ounce serving of sauerkraut contains 522 milligrams of sodium - that's 35% of the daily recommended amount of sodium for an adult. If you are trying to further reduce your salt intake, our sauerkrauts can be rinsed with cold water and still taste delicious!

At Hawthorne Valley Farm, we have been producing foods for more than 35 years. Our Biodynamic farming practices reflect our commitment to protecting the health of the earth and all who live on it.

Hawthorne Valley Farm is part of Hawthorne Valley Association, a diverse, educational not-for-profit dedicated to social and cultural renewal through the integration of education, agriculture, and the arts.



# Hawthorne Valley

FARM | Sauerkraut Cellar

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