

# Culture Starter Brine

## Ingredients

For each 1-L ferment

1/2 tsp culture starter

Caldwell Culture Starter, Body Ecology Culture Starter or Cutting Edge Culture Starter are all very good.

1/2 cup filtered water or juice like celery, carrot, pear, apple or cucumber are all very nice.

1/8 tsp organic sugar, omit if using juice  
(this is for the starter not you, it gives it immediate food to wake it up)

Combine in a small bowl and set aside to dissolve.

## Instructions

Place water or raw juice into a small bowl, add culture starter and sugar and stir well. set aside to dissolve.

Chop your veggies as per recipe or preference and place in a bowl.

Pack into a 1-L glass jar

Add dissolved culture starter and then fill with either your 2% brine water or with filtered water until brine reaches 1" over veggies.