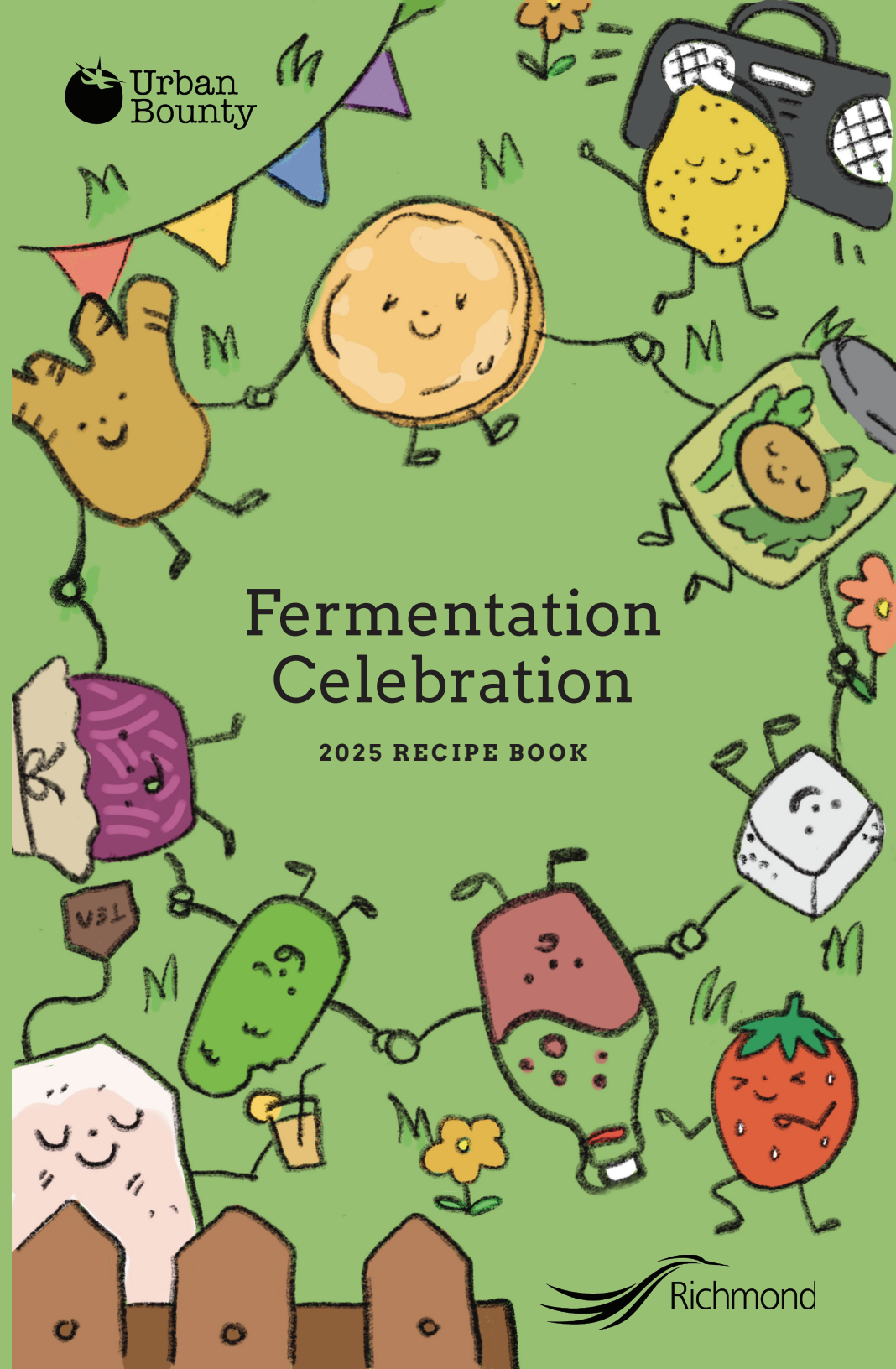
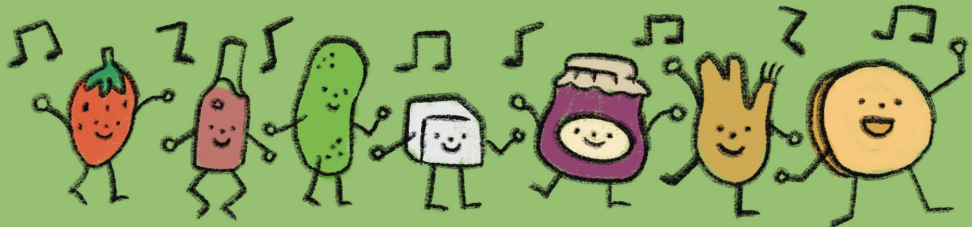


# Fermentation Celebration

2025 RECIPE BOOK



# Contents of this booklet

This booklet includes recipes for quick pickles, kombucha, ginger beer, and sauerkraut — everything we covered at Fermentation Celebration 2025.

These recipes are only a tiny slice of the wide world of fermentation and pickling!

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**URBAN BOUNTY** is a registered charity dedicated to cultivating a resilient local food system through education, advocacy, and community building initiatives. We are based on unceded land in the stewarded territory of the xʷməθkʷəy̓əm (Musqueam) people and also unceded territory of the həñ ʔəmiñ əm̓ and Słkw̓x̓ wú7mesh speaking peoples.

We manage 18 community garden sites in Richmond and Burnaby. We also host volunteer events, teach educational workshops about sustainable food production, facilitate gardening for personal and environmental wellness, and more.

Urban Bounty is a small team of staff working out of an office in Paulik Park, assisted by an amazing community of volunteers. We are also supported through partnerships with the Cities of Richmond and Burnaby, the Richmond Food Bank, and many more collaborators.

## **BOOKLET DESIGNED & ILLUSTRATED BY MEGAN AND MICHELLE**

Bestie-duo Megan and Michelle are designers who grew up in Richmond, BC. After conquering high school and university together, they now spend their free time snacking, trinket-collecting, and dilly-dallying together.

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# Chef Karen Dar Woon's Quick Pickles

Refrigerator or “quick” pickles are a simple way to extend the life of fresh vegetables and even fruits! The acid in the vinegar helps to slow the action of enzymes which cause food to spoil. Storing the vegetables in a flavourful brine helps to maintain crunch and add flavour. 1



## INGREDIENTS FOR BASIC BRINE



1 cup water

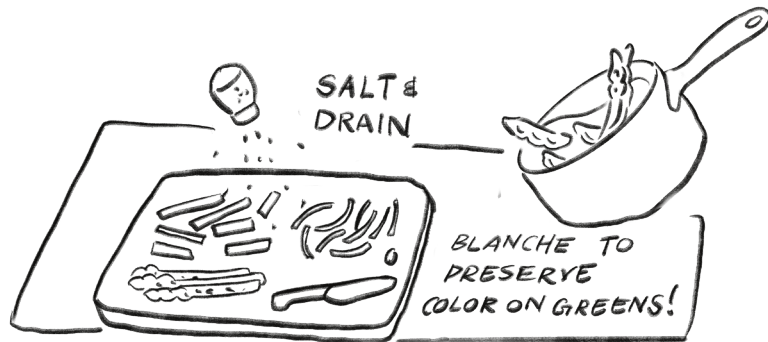


1 cup vinegar



1 tbsp coarse salt or  
2 tsp table salt

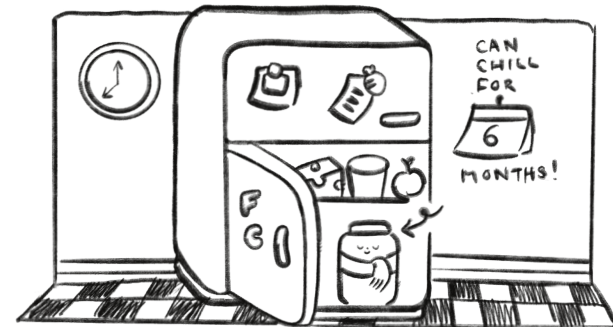
## DIRECTIONS



### 1. PREPARING YOUR VEGETABLES

- Wash your vegetables. Peeling is unnecessary, other than for aesthetic reasons. Cut your vegetables into thin slices or matchsticks.
- If you have time, sprinkle root vegetables with fine salt, and set aside for about an hour. Rinse and drain before packing into your jar(s) and adding the hot brine.
- To help preserve colour, blanch green vegetables such as beans or asparagus, before adding to the jar.

- Pack the cabbage and liquid down into mason jars removing as much air as possible. Leave about half an inch of room at the top for the kraut to expand as it ferments.
- Ensure all cabbage is covered in liquid. You can add a stone or kraut weight on top to keep the cabbage submerged.
- Cover the jar with a clean cloth or plastic wrap secured with a rubber band (or use an airlock lid). Fermentation and microbes like a warm, dark environment, so stash your kraut jar somewhere between 16 and 21°C, like a cabinet, for 2-4 weeks.



- Check in on it regularly to make sure the cabbage is submerged, and to skim off any scum from the top. If stored in an airlock lid, allow air in and out daily to release gas buildup. The sauerkraut will turn from green to beige as the salt preserves it.
- When your sauerkraut is as sour as you like, cap the jar and refrigerate (or seal it in sterile mason jars to keep in the pantry). Kraut can keep for up to six months in the refrigerator!



# Sauerkraut

Sauerkraut translates to “sour cabbage” in German, which describes this lacto-fermented pickle perfectly. Brine creates a welcome environment for lactobacillus-bacteria, which convert the cabbage’s natural sugars into lactic acid — creating the pickle’s namesake sourness. Before refrigeration, Northern Europeans made sauerkraut in enormous crocks to keep away scurvy during long, dark winters without fresh produce. In the age of refrigeration, ‘kraut continues to be a great source of Vitamin C, K, and gut-friendly bacteria. It also adds crunch, tang, and a probiotic punch to sandwiches, sausages, and pierogi.

## INGREDIENTS FOR BASIC BRINE



1 small cabbage  
(approx. 2 pounds)

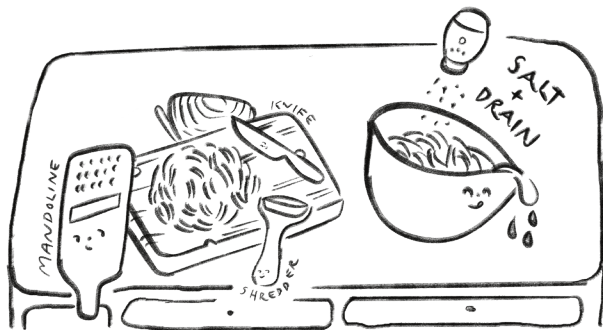


1 tbsp sea salt



Optional seasonings: 1 tsp  
caraway seeds, 1 tsp juniper  
berries, 1 bay leaf, and any  
other flavours you want!

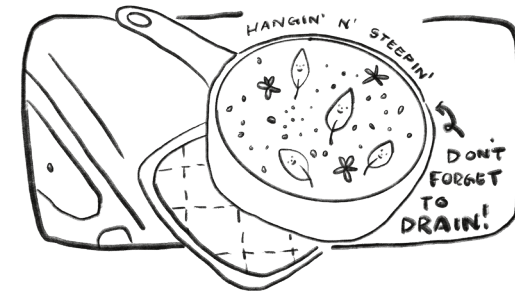
## DIRECTIONS



1. Shred cabbage as finely as possible into thin, 1/8 of an inch ribbons.
2. Add salt. Let the cabbage sit for 10-15 minutes, then massage or pound it for another 10-15 minutes until it releases liquid or has reduced in volume by half. You want to draw out and drain out as much liquid as possible.
3. Add the seasonings, if using.



2. Bring the brine to a boil (either stovetop or microwave) and pour over vegetables and seasonings in the jar. 2



3. Some folks like to “steep” dry spices in the brine for 10–20 minutes, and then strain before pouring over the veggies.



4. Once the jar(s) are cool to the touch, close the jar and store the pickles in the refrigerator for 12–24 hours before using.






### TIP #001:

For best results, store your pickles in glass jars or containers, 500 ml or smaller.

### TIP #002:

In a hurry? Mix the brine cold, and pour over your vegetables and seasonings in the jar. You'll have to wait longer than 24 hours for the flavours to infuse.

# Flavour Ideas:

VEGETABLES	VINEGAR TYPE	ADDITIONAL SEASONINGS	NOTES
Carrots and daikon	Unseasoned rice 	Sliced ginger, garlic, chili flakes	Could add fish sauce instead of salt
Asparagus, string beans, flat beans*	Distilled white or cider 	Garlic	
Onions	Any!	Sugar, black pepper, chili flakes	
Ginger 	Plain rice (not seasoned)	Sugar	Could add some sake if you like
Salad turnips	Unseasoned rice	Sugar, black peppercorns, sliced ginger	
Strawberries 	Champagne	Sugar or honey, black peppercorns, tarragon 	Cut fruit in half, so the brine can get inside!

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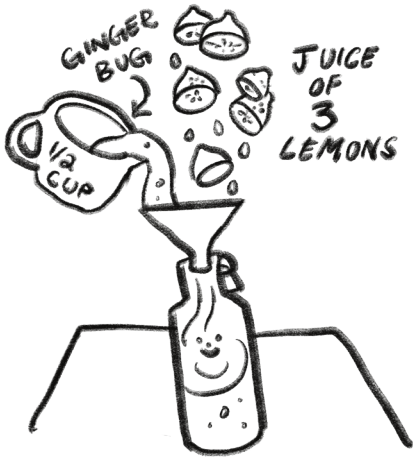
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1. Next, add in  $\frac{1}{2}$  cup of your strained ginger bug and the juice of 3 lemons. Mix together until thoroughly combined and transfer that mixture to some flip-top bottles. Make sure to leave 2 inches of head room.
2. Let them sit out at room temperature with the flip bottle tops locked, for 3-6 days or until they're fizzy.
3. Once they've reached that point, you can refrigerate them; but make sure you're opening the top and burping them once a day.

## Notes:

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# Kombucha

Kombucha is a fermented iced tea originating in ancient China. It starts with a base of sweetened green or black tea. Bacterial cultures eat the sugars and produce a lightly-sour, probiotic beverage, which you can enhance with fruit purees and herb infusions. A store-bought kombucha habit is easy on the gut but tough on the budget, so making it at home is a cheaper alternative.

## INGREDIENTS



115 oz. of water



13 oz. scoby



6 teabags of black tea



1 cup of sugar



fruit purees or flavourings you like

## DIRECTIONS

### 1. BREWING THE TEA

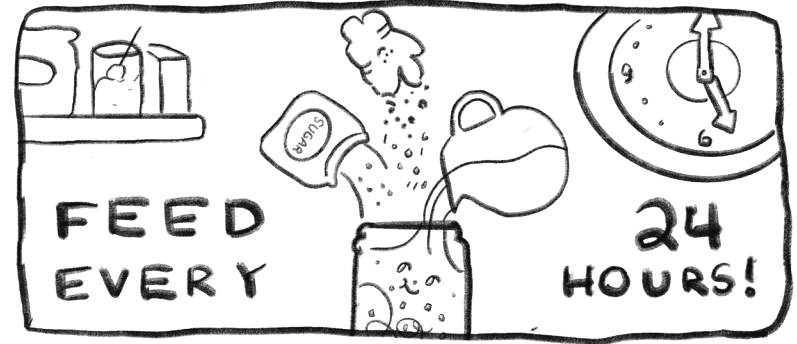
- Boil water, add to tea, and brew off-heat for 10 minutes. Black tea is recommended for beginners because green tea becomes bitter faster.
- Add sugar, and don't skimp! The sugar is food for the microbes. By the time the kombucha is done, they will have converted most of the sugar to probiotic fermentation byproducts.
- For first time brewers, add a little existing plain kombucha from a friend or the store. This will give the SCOBY a familiar environment to grow.



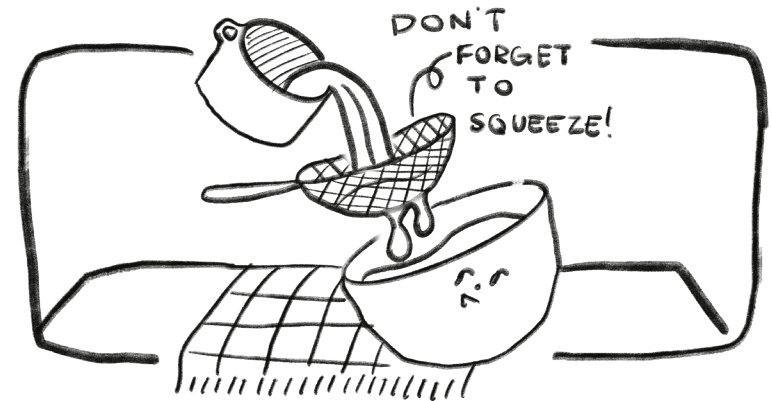
### SCOBY 101:

The SCOBY, or "mother," is the microbial culture from which all kombucha flows. As kombucha ferments, the SCOBY (which is composed of acetic acid bacteria, lactic acid bacteria, and yeast) grows a new layer. You can either discard the beige, goopy oval each time you make a new batch, or give it to a friend to start a brew of their own.

## DIRECTIONS



- To cultivate your own wild yeast, combine water with granulated sugar, finely chopped ginger and place in a 1-quart glass container.
- Mix together until the sugar is dissolved, and cover with a cheesecloth. Let it sit for 24 hours.
- To feed it, add the same amount of ginger and sugar every 24 hours until it becomes fizzy. This should take about 2-3 days.



- Once the ginger bug is fizzy, pour 2 quarts of water into a large pot. Add granulated sugar and grated ginger. Bring up to a boil and then reduce the heat to a simmer and let it sit for 5-8 minutes. Let it cool down naturally until it reaches room temperature, leaving all of the ingredients in there to steep.
- Once it's up to room temperature, strain your liquid through a fine mesh colander. Make sure to press out the juices.



# Non-Alcoholic Ginger Beer

Much like Kombucha, fermented ginger beer uses a natural microbial culture — called a “ginger bug” — to create a fizzy, probiotic beverage. All the yeasts the ginger beer needs are already present on organic ginger! All you need is to monitor and “feed” it daily with more ginger and sugar. 1

## INGREDIENTS



### ‘GINGER BUG’

- 2 cups (500ml) filtered water
- 2 tbsp (22g) finely chopped or grated organic ginger (skin on is fine)
- 2 tbsp (28g) granulated sugar



### ‘GINGER BUG’ FEEDING (EVERY 24 HOURS)

- 2 tbsp (22g) finely chopped or grated ginger (skin on is fine)
- 2 tbsp (28g) granulated sugar



### GINGER BEER

- 2 quarts filtered water
- 0.5–1.25 cups granulated sugar (depending on sweetness preference)
- 1/4 cup (54g) ginger, grated
- 1/2 cup (110g) strained ginger bug liquid
- \*optional\* Juice of 3 lemons

#### TIP #001:

Ginger is tricky to cultivate outside of tropical climates, but it can be done if you start inside in early spring! If not, organic ginger root from the grocery store works too.



## 2. FIRST FERMENT

- a. Add the scoby to the jar of sweet tea.
- b. Cover with a cheese cloth and rubber band, so the kombucha can breathe but no unwanted material can get in. Oxygen is important for this type of fermentation.
- c. Leave it in a dark, warm/room-temperature place for 7-10 days. The longer the kombucha ferments, the more acidic it gets. The tea will change from a dark tea colour to a lighter golden-brown, which signals that it is almost ready. Watch out for moldy-looking fuzz, but a little brown slime is par for the course for brewing kombucha — don’t panic!



## 3. SECOND FERMENT

- a. The kombucha is ready to drink after the first ferment, but the second ferment is when the kombucha gains flavour and fizz.
- b. Remove the SCOBY layer and reserve some kombucha for the next brew. You can keep all the SCOBY for the next batch, but may want to discard the oldest and darkest layers after ~10 rounds of fermentation.
- c. Bottle the kombucha in air-tight bottles, leaving a few inches of headspace at the top — for this phase, we want to keep oxygen out.

- d. Add any mashed/pureed fruit, spices, or herbs you like! The sugars in fruit give the yeast and microbes more food to metabolize. They'll release CO<sub>2</sub>, which makes the kombucha fizzy.
- e. Every day, uncork the kombucha to allow it to offgas for a minute so it doesn't fizz up and explode. You can skip this for fizzier booch, but beware of explosions!
- f. After a couple of days to a week, depending on taste, your kombucha is ready!

## Notes:

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## Seasonal flavour combination ideas:

<p><b>SPRING</b></p>	 <p>ELDERFLOWER AND MINT</p>	 <p>CHERRY AND ROSE</p>
<p><b>SUMMER</b></p>	 <p>PEACH AND GINGER</p>	 <p>RASPBERRY- GINGER-LEMON</p>
<p><b>FALL</b></p>	 <p>APPLE AND CINNAMON</p>	
<p><b>WINTER</b></p>	 <p>GINGER AND TURMERIC</p>	