



## Healthy4life.ca Newsletter - July 2018

Holistic nutrition includes body, mind and spirit. Articles will address each area.

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**Hello, Friends!**

### Understanding the Basics of Gut Health Webinars

4 Modules Mondays at 7 pm on July 23, July 30, August 6 and August 13.

Module 1 - Join URL: <https://zoom.us/j/677393376>

Module 2 - Join URL: <https://zoom.us/j/538270994>

Module 3 - Join URL: <https://zoom.us/j/213716507>

Module 4 - Join URL <https://zoom.us/j/714994360>

Companion ebook available for \$8 + tax on [healthy4life.ca](http://healthy4life.ca)



### Save The Date 4 the Webinar: Nutrition and Inflammation

Time: Tuesday Jul 24, 2018 7-8 PM Eastern  
Time (US and Canada)

Join from PC, Mac, Linux, iOS or Android:  
<https://zoom.us/j/561662571>

Learn what foods you can eat in order to avoid, minimize or reduce inflammation.



## Summer Fermentation Starting With Summer Veggies

This month brings a bounty that can become probiotics on your countertop!

I have two gardens, one in zone 6b in south western Ontario and one in zone 4 Muskoka. July brings us the last of the early radishes and pea pods in the south; more asparagus and green onions; the start of baby carrots, cabbage, bok choy, snap beans, cauliflower and by the end of the month the field cucumbers. Many other veggies will join the bounty in August and September.

Fermenting some of these turns them in storehouses of probiotic, healthy bacteria in addition to their fibre, complex carbohydrates, phytonutrients, enzymes, minerals, vitamins, and other healthful nutrients.

Lactic acid fermentation involves strains of lactobacillus bacteria converting the natural sugars into lactic acid which is a natural preservative. Lacto-fermentation also increases the vitamins, enzymes, digestibility, and anti-carcinogenic substances in the foods. This is not the same as pickling with vinegar, salt and sugar.

Recipes: In my previous newsletters I shared my recipes, Lacto-Fermented Asparagus in May 2017 and Beet Kvass in August 2017.

### Fermented Carrots

1 500 ml canning jar  
1/2-1 lb (225-454 g) organic carrots  
1-1/2 tsp (8 ml) sea salt (not iodized)  
1-1/2 to 2 cups (375 to 500 ml) spring water



Rinse carrots. Do not peel. Cut carrots into sticks or coins. Pack sticks or coins into the jar. Leave an inch (25 mm) space at the top of the jar.

Dissolve the sea salt in the spring water. This will make a 2% to 3% brine. Cover carrots with brine. Store leftover brine for another ferment.

Add a weight to keep the carrots pressed down and submerged in the liquid. (no metal) Try using a smaller jar inside the bigger jar, with stones or marbles in the smaller jar. Cover the jar with a clean cloth, cheesecloth or paper coffee filter and secure it with an elastic band or the metal canning jar screw top.

Ferment for 3-10 days. If a foamy scum forms on top, just scoop it off. Placing a piece of a cabbage leaf or parchment paper circle on top of the fermenting carrots before adding the weight will sometimes prevent the scum from forming. The scum is not harmful.

Once the carrots have reached the taste and texture you like, cover the jar with a lid and refrigerate. You can add ginger, mustard seed, caraway seed or celery seed for a different flavour.

Carrots contain fibre; carbohydrate; vitamins A, K, C, B6, folate, niacin, thiamine, E; and the minerals potassium, manganese, calcium, magnesium, phosphorus, sodium and copper.

**The Real Truth About Nitrates. Excellent article by Lorene Sauro RHN, [click to read.](#)**

**Be healthy 4 life,  
Cathy Ferren RHN**

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