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FERMENTED VEGGIES: SAUERKRAUT WITH CARROTS OR BEETS

Equipment:

Food processor, Fermentation Crock or Glass Jar, and Sauerkraut Pounder



Ingredients:

Cabbage - A **1-gallon** stone crock or 1-gallon jar holds 5 pounds of **shredded cabbage** (3 or 4 medium size cabbage heads)

8 small or 6 medium size beets

1 table spoon salt for one cabbage head



Ingredients:

Cabbage - A **1-gallon** stone crock or 1-gallon jar holds 5 pounds of **shredded cabbage** (3 or 4 medium size cabbage heads)

6 medium size carrots

1 table spoon salt for one cabbage head

Instructions:

Shred cabbage in the processor (use the slicing blade side), shred carrots or beets in the processor (use shredding blade side). Transfer portion of the cabbage into stone crock or jar, cover with the layer of carrots or beets, add salt, pound with the pounder until juice is released, put another layer of cabbage, carrots or beets and salt, pound and so on until all cabbage and carrots or beets will be in the jar. Cover the jar. Keep it in the room temperature. Always try hard to press the cabbage or veggies down to release their juice. It also removes air bubbles and draws out moisture for mold-free fermentation. After 3 or 4 days try to pierce all way to the bottom of the jar and mix a bit. It should be ready after a 6 to 7 days. When it is ready transfer fermented veggies to the smaller jars and place them in the fridge to stop fermentation unless you like really sour you can leave it for few more days in the room temperature and then transfer it to the fridge.

Tip:

Cabbage with beets is fermenting really quick. It is ready after 3 or 4 days. Keep an eye on this one.

**MERRY CHRISTMAS AND A
HAPPY NEW YEAR!!!**

This past year has been very difficult for all of us, and I pray that the coming year brings more certain times for everyone. I am sending you all love and good wishes for better days ahead. May the Christmas season fill your home with joy, your heart with love and your life with laughter.



Veggie of the Month: Cabbage

Eating sauerkraut may help you strengthen your immune system, improve your digestion, reduce your risk of certain diseases, and even lose weight.

Although "sauerkraut" is a German word, the dish did not originate in Germany, as fermenting cabbage as Suan cai was already practiced back in the days of the building of the Great Wall of China, and the practice was likely transmitted from China to Europe by the Tartars. Before frozen foods, refrigeration, and cheap transport from warmer areas became readily available in northern, central and eastern Europe, sauerkraut – like other preserved foods – provided a source of nutrients during the winter.

For a mere 27 calories per cup, sauerkraut offers 4 grams of fiber, 35 percent of your daily vitamin C needs, 21 percent of your daily vitamin K needs and 12 percent of your daily iron needs.

How's *that* for a nutrition powerhouse?

-It is a high source of vitamins C and K; the fermentation process increases the bioavailability of nutrients rendering sauerkraut even more nutritious than the original cabbage. It is also low in calories and high in calcium and magnesium, and it is a very good source of dietary fiber, folate, iron, potassium, copper and manganese.

-If unpasteurized and uncooked, sauerkraut also contains live lactobacilli and beneficial microbes and is rich in enzymes. **Sauerkraut contains far more lactobacillus than yogurt, making it a superior source of this probiotic.** Fiber and probiotics improve digestion and promote the growth of healthy bowel flora, protecting against many diseases of the digestive tract.

-A bite or two of kraut every few days or whenever your tummy is upset may help treat ulcerative colitis and irritable bowel syndrome. It may also treat and prevent eczema.

-Most canned sauerkraut has been pasteurized, which kills off the good bacteria. Purchase fresh sauerkraut, made without vinegar to get all the health benefits or make it your own. See recipe on page 1.

Resources: [Sauerkraut - Wikipedia](#) ; www.webmd.com



See all recipes on my website at:

<https://herbsinmykitchenbook.com/recipes/>

*"The secret of happiness is variety,
but the secret of variety, like the
secret of all spices,
is knowing when to use it." —*

Daniel Gilbert

RESOLUTION'S SOLUTION:

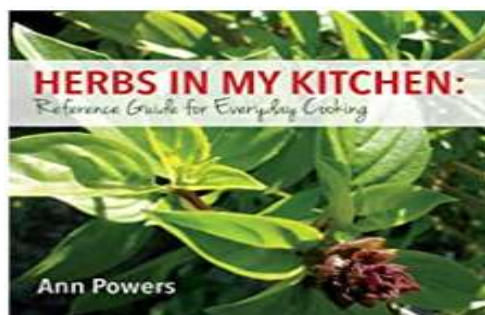
We are all guilty of making them on December 31st. Promises and pledges to be good, healthy, sleep better and exercise but on January 1st we already forgot about them.

"[Herbs in My Kitchen](#)" will guide you how to prepare your meal in hundreds of different ways using natural aromatic spices and herbs and keep up with the resolutions. Also, it will give you interesting facts about popular herbs and spices.

[How and when to use herbs and spices?](#) You are just click away to get answers to your questions. Click on the link below.

Bon Appetit!!!

<https://herbsinmykitchenbook.com/order/>



JOINTS PAIN RELIEF

Rheumatoid Arthritis causes a lot of pain, swelling, stiffness, and loss of physical function in hands, wrists, shoulders, knees, and feet.

Taking rheumatoid arthritis medication can cause even more serious side effects including: edema (swelling of the feet) heartburn, upset stomach, stomach ulcers, possibly increased risk of blood clots, heart attack, stroke cataracts, elevated blood fats and blood sugar levels, increased appetite and bone loss.

There is a solution: Joints Pain Relief!!!

100% Organic and Natural!!! This unique blend of organic oils and botanical extracts provides almost immediate relief from aches, pain and leads to increased flexibility and mobility of joints and tendons. Most importantly, **NO** side effects.

Apply a drop or two multiple times throughout the day. Use the drops as many times as you use hand lotion. For external use only.

<https://herbsinmykitchenbook.com/joint-pain-relief/>

