

Dr. Lemke's Home Made Cultured Vegetables

Cultured Vegetables are a great source of enzymes and probiotics. Thus they not only help digestion but also enhance the intestinal flora, that is the 'good bugs' in the guts. This in turn strengthens the immune system offering you a great alternative to the flue shot.

Here is what you need:

- food processor (you can do without if you are willing to spend some time on finely chopping the ingredients)
- 2 one-quart mason jars or similar glass containers with tight fitting, screw-on lids
- 5 carrots
- 1 daikon radish root
- 1 stalk of celery
- ½ bunch of parsley
- 4 capsules of probiotics (any trustworthy brand will do)
- luke warm water

This recipe yields 2 one-quart mason jars of cultured veggies and should take you about 20 minutes of preparation time.

Take a big tablespoon with every meal to help digestion and build up your immune system.

Use the liquid as an alternative to vinegar or lemon in salad dressings.

Preparation is real easy:

1. take ½ cup of luke warm water, open probiotics capsules and dissolve the powder in the water
2. chop up all vegetables and the parsley in food processor
3. fill both mason jars about ⅔ with veggies
4. pour half of the water / probiotics mixture in each mason jar
5. fill the jars up with luke warm water to about 1 inch below top
6. screw the lids on tightly, cover jars with towel and let them sit on kitchen counter top for 3 to 5 days; done

The longer you keep your jars at room temperature the stronger the taste and smell of your cultured veggies will be. When you open the jars there should be some fizz or at least a distinctive sour smell. Now you can keep the jars in the refrigerator for several months ... that is if you won't eat it all up long before that.