



# Making Fermented Vegetables at Home Program

Welcome! Below you will find all your program materials; Instructions, Recipes, Video and Report. Please click on the links below to access materials.

## Recipes

[Mixed Veggie Kraut](#)

[Veggie Kraut with Caraway Seeds](#)

## Instructions

[Step by Step Instructions](#)

## [Video](#)

## Report

[Preventing & Recognizing a Bad Ferment](#)

<http://youtu.be/yoX-c-ado5w>