

“HOW TO GET THE BEST POSSIBLE
FERMENTS FROM YOUR EASY FERMENTER”

*The
Easy
Fermenter*

The Set It And Forget It Way To Ferment

USER GUIDE

NOURISHED ESSENTIALS



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Thank You!

Thank you so much for try out The Easy Fermenter

We believe there is no better way to ferment. Period. We have spent years developing The Easy Fermenter, right in our own kitchen. We are passionate fermenting, but were frustrated with how difficult and clumsy the process often was.

We knew there was a better way. We just had to invent it.

We have prepared this quick guide to help you better use the product. When fermenting, little details make all the difference. So be sure to read through the guide.

These instruction are specific to the Easy Fermenter lid and assume you have some knowledge about fermenting and recipes you would like to try. If you are brand new to fermenting, don't worry, all the information you need to get started is available FREE for our Fermenting Club members. You can sign up free by following the link below.

(REMOVED-PART OF STARTER KIT ONLY)

Step by Step Guide

TO FERMENTING WITH THE EASY FERMENTER

When we set out to design the Easy Fermenter, we wanted to eliminate the need for multiple parts, clumsy air locks, and having to always change lid types for different phases of the ferment.

With the Easy Fermenter, really all you need to do is screw on the lid. It's that easy.

STEP 1- CHOOSING THE RIGHT MASON JAR SIZE TO USE.

Although the Easy Fermenter will fit any standard wide mouth mason jar lid (86mm) the size of the mason jar you use will depend on the how much you are fermenting and also what you are fermenting.

The standard wide mouth comes in a cup (half-pint), pint, quart, and half-gallon. For most purposes though, we would recommend using either the quart or half-gallon.

Depending on what you are fermenting, the size of jar we recommend will depend on if you are dry salting or brining. (If you want to get up to speed with fermenting quickly, we suggest you join our Fermenting Club, everything is explained inside and we also have some great recipes to get you started)

In a nutshell, the difference between dry salting and brining is when you are brining you add a salt/water mixture to your ferment, when you are dry salting the water gets extracted from what you are fermenting. An example of brining would be pickles, and dry salting would be sauerkraut.

Why this is important, is when you are dry salting you often need to pound the ferment to extract the liquid and as a result there is expansion that takes place during the first 3 or 4 days of the ferment.

So if you are dry salting we always recommend you use the larger half-gallon size jars. Since you will need to leave a minimum 4 inches of room for expansion, using the smaller jars will leave very little room for your ferment within the jar.

If you are brining then you can use whichever size best fits the size of your batch as expansion is not much of an issue.

STEP 2 - FILLING THE JAR

Once you have prepared your ferment and it is time to start the process, the most important thing to take note of is how high to fill the jar with your batch.

It is always tempting to fill the jar as close to the top as possible in order to maximize your batch. It is essential though that you leave ample room at the top of your ferment.

As a general rule, we recommend leaving 4-5 inches for dry salted batches and 1-2 inches for brine ferments. (Read Step 1 if you are unaware of the difference between dry salted and brined ferments)

Once you have filled up your jar, just tightly seal the lid, and set the date setter. That's it! Now you just have to wait while the Lacto-Fermenting process does its thing.

STEP 3 - TO VACUUM EXTRACT OR NOT TO EXTRACT

One of our favorite features of the Easy Fermenter system is the ability to Vacuum extract the oxygen out of the ferment. Now, most people who have some experience fermenting will say this is not necessary since gas pushes out the oxygen during the fermenting process

At the initial stage of your ferment it is not necessary to vacuum extract. We and some of our customers have found that the flavor of ferments have been improved with the vacuum seal, but this is more a preference than anything else.

Where the vacuum extractor is more important, is later on in the ferment when you are close to the final stages, but if you are anything like us, you have a compulsive problem of always testing your batches to ensure the results are just perfect. Not too salty, not too bitter.

At this point we recommend using the vacuum if you are opening your batch frequently near the end of the fermenting life cycle. This is when the batch is most susceptible to mold growing and the vacuum will eliminate any chance of mold growing and ruining your batch.

Remember - Never over pump your batch, one or max two pumps is enough to pull the oxygen in your jar.

When you use the extractor, you will notice after a couple of days when you go to open the lid there is no more vacuum seal. This is completely normal. The process of fermenting creates carbon which will push any oxygen in the jar out through the valve.

STEP 4 - REMEMBER TO ALWAYS KEEP YOUR VEGGIES SUBMERGED

We always recommend making sure all of your veggies are under the brine. This is important since non submerged veggies cannot properly ferment.

There are many ways to do this. The easiest is a weight, but if you do not have one, there are other ways to do this. This includes, but not limited to:

- Using a ziplock bag filled with water and placing on top of your ferment
- Using cabbage leaves or stiffer vegetables placed horizontally

STEP 5 - MOVING TO COLD STORAGE

Depending on what you are fermenting, the process can take anywhere from 3-30 days. Most recipes will give a rough idea of time frame required, but as you become more experienced at fermenting you start to get a feel of how long certain recipes take. Your environment with things such as temperature, will alter the time required as well as personal preference as to how you like your batches to taste.

One thing we want to do when creating the Easy Fermenter was eliminate the need to always be switching lids once storage was complete. So once your ferment is complete, all you need to do is move the jar to your fridge, that's it. This will slow down the fermenting process drastically and will let you keep your batches for months, while you eat their lacto-fermented goodness.

How To Clean AND MAINTAIN YOUR LIDS

We recommend you hand wash your lids.

From time to time you might want to slip out the one way valve gasket as well as the sealing gasket in order to give it a good manual rinse. This is not required, but if you really want to scrub them down we recommend this.

Thanks Again & FEEL FREE TO REACH OUT!

Thanks for supporting our small family run business. If we can be of ANY assistance or if you have questions, please email me! All emails come to me directly and we will take good care of you.

Sincerely,

Gavin Berman
gavin@nourishedessentials.com
Co-Founder
The Easy Fermenter

* SPECIAL LIMITED TIME COUPONS *

As our way of saying "THANK YOU", we are including two customer appreciation Coupons that can be used on Amazon to purchase more Easy Fermenter lids.

■ 10% DISCOUNT On Easy Fermenter Lids ■



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Enter Coupon Code Below at Check-out to Save 10%

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