

Michael's Sauerkraut
Celery Sea-Vegetable Sauerkraut

Green Cabbage
Celery root, stalk, leaves & seeds
Celtic Sea Salt
Hijiki Sea-Vegetable
Dried Cranberries

Shred cabbage and celery root, stalk & leaves;
Add salt and massage to draw water out of vegetables;
Add remaining ingredients, then place in a crock to ferment for a week or two. Harvest when sour and store in the refrigerator--will keep for several months.