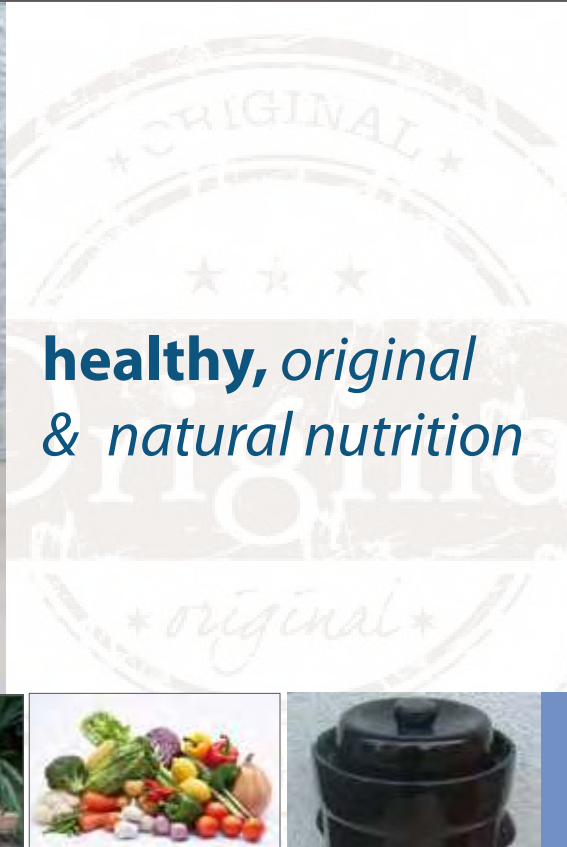


*The traditional german Mr. Schmitt  
stoneware fermentation pot*



**healthy, original  
& natural nutrition**

*stoneware fermentation pot*





## About the traditional german fermentation pot

It is suitable for almost all types of vegetables like cabbages, pumpkins, cucumbers, carrots, beans, celery, onions and peppers. Stoneware does not require special storage or use and is neutral for all fermenting vegetables. In just 4-8 weeks you can have delicious sauerkraut and other fermented vegetables.

The Schmitts fermentation crock has a special cast gutter in the rim, and includes a ceramic cover which fits into the gutter which is filled with water thus creating the air lock. Gases from the fermentation can escape, but air can not enter the crock from outside. The pasty, white "kahm yeast" which develops on the sauerkraut in ordinary crocks does not develop with the original german crocks. The Schmitt crock comes with a 2 piece stone that it used to weigh down the lid and apply pressure during the fermentation process.

## Fermented vegetables are important for healthy nutrition

Natural fermentation is one of the oldest means of preservation. Lactic acid bacteria subject the vegetables to a fermentation process. The vegetable becomes preserved, it develops a pleasantly sour taste and it is rich in vitamins and minerals.

# Correct handling of the crockpots

## How to Ferment Sour Vegetables in our Fermenting Stoneware Health Pot ?

The process of fermenting sour vegetables for healthy nutrition is the most natural procedure in the world. On Medieval Ships it was well known that the high Vitamin C content of sour herbs would protect against such illnesses as scurvy. Sour Vegetables produce after fermenting; juices that not only energize digestion but also have a small calorie count (e.g. only 15Kcal in 100gr of say Sauerkraut). Likewise, the energizing effect works well for maintaining a higher metabolism.

**Preparation:** Cleanliness of both pot and cover are essential before starting. Here the excellent characteristics of our stoneware prove an advantage. Our stoneware is easily cleaned by simply wiping, brushing, or hosing down the inside and outside, then leaving to air dry. Stoneware does not absorb water and other Bacteria that normally is acquired on other pots and pans that can impair taste.

**Prepare your sour vegetables.** ( Recipes are included on the attached page ). Create your vegetable broth. ( Some Sour vegetables do not have enough of their own juice to ferment so a broth must be prepared and used. )

Lay the vegetables in the stoneware health fermenting pot.

Pour the broth / juice 4 to 6 centimeters over the top of the vegetables making sure to cover them.

Instead of linen cloth which the stoneware health fermenting pot does not need, we suggest using the larger leaves of the sour vegetable to finish covering. This will add spice and taste. In addition you may also want to add milk or buttermilk as this will help accelerate the fermenting process. Carefully lock and seal your stoneware fermenting health pot.

Be careful that no dust or dirt gets into the pot as you seal it. Dust and dirt can contaminate the vegetables.

Fill the water funnels up to the water line.

Leave your fermenting health pot in a room where it will not be disturbed at room temperature for 8-10 days. You may occasionally hear air bubbles.

Remember to always refill the water funnels during the fermenting process so the water is up to the waterline.

After the 8-10 days, store your fermenting pot in a cool dark area (4-8 C) for 4 to 8 weeks.

*Fresh infusions of vegetables can be added after fermentation.*



# Sauerkraut with your Schmitt's crockpot

In general, don't fill the crockpot all the way, since the cover stones and the carbon dioxide need room. The crockpot should be filled to no higher than 4/5 its height. When the pot is used for storage, don't open the pot on a daily basis but rather remove a weeks amount and store it in a closed container in the refrigerator.



- 25kg of cabbage (for a 25 Ltr. pot)
- 150g of salt
- A few Juniper Berries
- Dill
- Kummel if desired
- Put cabbage in Pot
- Press/Stomp the grated cabbage firmly until juice covers the cabbage
- Add 1 liter of water/Broth and 15gm of salt per liter of water/broth
- Make sure the liquid stands right to the lid

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| <p><b>1.</b> Remove the outer wilted leaves of the cabbage cut in half, remove the stalk and shred it.</p> | <p><b>3.</b> Repeat until the pot is filled. Weigh down with the cover stones. If the stones are covered by less than 2.5 to 5 cm of liquid, add boiled and cooled salt water (15 gm salt per per liter)</p> | <p><b>5.</b> Cover the pot with the lid and add water into the water groove</p> <p><b>6.</b> Leave at room temperature (20-22 degrees C [68-72 degress F]) best in the kitchen</p> | <p><b>7.</b> Subsequently, move to a cool location (ca. 15-18TC [59-64 degress F])</p> <p><b>8.</b> The sauerkraut can be eaten after 4-6 weeks. Store in a cool basement</p> |
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