

SALTING WITHOUT FERMENTATION.

The vegetables are washed, the water drained off, and the vegetables weighed. The best results are obtained when 25 lbs. of salt are used to every 100 lbs. of vegetables.

Spread a layer of the vegetable one inch deep in the bottom of the crock and sprinkle with salt, being careful to distribute the salt evenly throughout the crock. Continue making alternate layers of vegetable and salt until the crock is nearly full. Cover with a piece of cotton or a double thickness of cheesecloth. Over this put a plate or a piece of board and a weight. A clean brick or stone is a very good thing to use as a weight.

The container should now be set aside in a cool place. If at the end of 24 hours the salt and the pressure on the vegetables have not extracted brine enough to cover, add a brine made by dissolving 1 pound of salt in 2 quarts of water. Enough brine should be added to come above the plate or board. Set aside in a place where it will not be disturbed and cover with hot paraffin wax.

The following vegetables may be preserved by this method: beet tops, spinach, string beans, green peas, corn and cabbage.

The beans should be cut in two-inch pieces; the peas shelled; the corn cooked for ten minutes to set the milk, and cut off the cob with a sharp knife.

It has been found that in preparing salted beans for the table, it is much better to soak the beans for two hours in the morning, changing the water several times and also changing the water while cooking, than it is to soak the beans over night. Long soaking softens the beans.

FERMENTATION WITH DRY SALTING.

In this method the vegetables are washed, the water drained off and the vegetables weighed, using 3 lbs. of salt to every 100 lbs. of vegetables. No water is used. The salt extracts the water from the vegetables.

Spread a layer of vegetables one inch thick in the bottom of the crock, covering with a very thin layer of salt, being careful to distribute the salt evenly. If more salt has to be added the finished product will be too salty.

Fill the crock only three-quarters full, placing a cloth over the top, then a plate turned upside down or a piece of clean board, and a weight. A ten pound weight is sufficient for a five gallon crock.

The container should be allowed to stand in a warm room for from eight to ten days. When the bubbles of gas cease to appear the fermentation is complete.

A layer of hot paraffin wax, about one-half inch thick, is poured over the top to prevent a scum forming. It is very important that the wax should not be added before the fermentation ceases.

The following vegetables may be preserved by this method: cabbage (sauerkraut), string beans, beet tops.

FERMENTATION IN BRINE.

Wash the vegetables, drain off the water, and pack in a crock until nearly full. Prepare a weak brine, using one-half a pint of vinegar and three-fourths of a cup of salt to each gallon of water. If a five-gallon crock is used, two and one-half gallons of brine will be necessary. This must be covered with a cloth, a piece of clean board or a plate, and a weight. The container must be left in a warm place until the fermentation has ceased and then taken to a cool place, where it will not be disturbed after covering with hot paraffin wax.