

3 VITAL THINGS TO LOOK FOR WHEN BUYING SAUERKRAUT



MakeSauerkraut

Have you heard about the benefits of fermented foods and want to feed the trillions of beneficial bacteria inhabiting your gut with the right stuff? But, you are:

- Not ready to make your own sauerkraut?
- Out of cabbage?
- Waiting for sauerkraut to ferment?
- Traveling?
- Ready to treat yourself or test out a new flavor?



Then, make sure you're buying sauerkraut that will make for HAPPY BELLY.



THE RIGHT STUFF IS FOUND IN THE REFRIGERATOR SECTION



Sauerkraut is alive and will continue to ferment past its peak stage unless kept at a stable temperature. For this reason, the RIGHT STUFF is typically sold in the refrigerator section of *health-food* stores or at farmer's markets.

Most *grocery* store sauerkraut is not going to be full of those marvelous mighty microbes that you're looking for. If it's on a shelf down one of the aisles or it's in a can – the stuff is dead – leave it on the shelf! Yes, a shelf-stable product is easier to manage for the sauerkraut company and for the store, but your health is too high a price to pay for that convenience.

Don't be surprised if the stuff you are looking for is not sold in a jar. *Farmhouse Culture*, whose products are found at California Bay Area farmer's markets and at stores

across the U.S., is the first company in the nation to pack their sauerkrauts and Kimchi in a pouch. From their website:

"Raw kraut is a living, breathing food that when packed into jars, can bubble over or can make it nearly impossible to remove the lid. The ferment-o-vent releases this natural build up of pressure without letting in harmful bacteria. The pouch contains no BPAs..."

So head straight to the refrigerator section of your local health-food store and look for the RIGHT STUFF!.

If you're enjoying sauerkraut for the first time, start with just a forkful and gradually increase the amount until you're eating about 1/4 to 1/2 cup a day. Koreans consume 1 quart of sauerkraut weekly; Americans 1 quart annually!

Buy the RIGHT STUFF!

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THE RIGHT STUFF IS ALIVE!

Most sauerkraut found in a grocery store is pasteurized and then canned. Pasteurization, while an important process for the preservation of many foods, does more harm than good to sauerkraut. A shelf-stable product is easy to manage, but the price is high for that convenience:

The process of lacto-fermentation of cabbage, creates live *lactobacillus* bacteria and other beneficial microbes, which die when sauerkraut is heated. Both Vitamin C and the *lactobacillus* probiotic bacteria found in sauerkraut - responsible for helping you with your digestion - are killed during pasteurization.

Check the package and **look for words** such as:

RAW ~ PERISHABLE ~ UNPASTEURIZED ~ KEEP REFRIGERATED

Naturally occurring LACTOBACILLI ~ Naturally Fermented



The RIGHT STUFF is NOT cooked ...NOT canned ...NOT pasteurized ...NOT heated in any way!

Once purchased, open the container and sniff. Raw sauerkraut should have a distinctively fresh smell that makes you want to eat it. It should be crisp and feel clean. You don't want to eat the sauerkraut if it feels slimy or smells rotten.



THE RIGHT STUFF CONTAINS "ONLY" CABBAGE AND SALT

Sauerkraut is made with just cabbage and salt and, some yummy vegetables – like carrots, ginger, garlic and cumin seeds – for flavoring,

Read the ingredients list on the label. Does the list start with cabbage, include some other vegetables and spices for yummy flavor and list salt? You should NOT see:

- **Vinegar.** Vinegar is used as a preservative in pasteurized sauerkraut. The natural fermentation process generates its own healthy lactic acid and other organic acids that preserve the sauerkraut.
- **Sodium Benzoate, Sodium Bisulfate** or other strange sounding stuff. These are preservatives which are not necessary. In traditionally fermented sauerkraut, plenty of *lactobacillus* are produced to preserve the sauerkraut.
- **Sugar.** Don't buy this Imposter!



You might find "starter culture" on the label, which is fine. Some companies use a starter culture to boost the number of beneficial bacteria at the beginning of the fermentation process.

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THIS POPULAR SAUERKRAUT IS HEATED

The first sauerkraut I ate was... Bubbies! It is a national brand that I found on the shelf at my local health-food store. I ate it for months before learning to make my own. It is pasteurized and missing the complete goodness of raw kraut.



Bubbies | bubbies.com

INGREDIENTS: Cabbage, artesian well water, salt. **NOT Organic.**

LABEL or WEBSITE INFO: “No Sugar, Vinegar or Preservatives”
“Keep Refrigerated” “Abundant with Live Cultures”

Bubbies, by law, has to "partially" pasteurize their product for "shelf stability." This means that it isn't devoid of probiotics by any measure, but it won't have nearly as much probiotics as the RIGHT STUFF. From their website:

Bubbies Sauerkraut is not raw, but it is definitely still full of good bacteria. Bubbies Sauerkraut undergoes a mild heating during packing which raises the product above the raw threshold of 118 degrees, but to no more than 135 degrees resulting a loss of approximately 10% of the active cultures that formed during the initial fermentation.

If Bubbies sauerkraut is the only brand you can find, enjoy it but keep your eyes open for a non-pasteurized brand.

SAMPLE OF NATION-WIDE SAUERKRAUTS TO LOOK FOR



wildbrine | wildbrine.com

Kimchi Thai INGREDIENTS: Napa cabbage, onions, carrots, pineapple, water, sea salt, garlic, ginger, mint, basil, lime juice, chili pepper, lemon grass, spices. **NOT Organic.**

LABEL or WEBSITE INFO: “Naturally Probiotic” “Perishable” “Keep Refrigerated”



Farmhouse Culture | farmhouseculture.com

Classic Caraway Sauerkraut INGREDIENTS: Organic cabbage, organic caraway seeds, Sonoma sea salt. **ORGANIC**

LABEL or WEBSITE INFO: “Raw Organic Goodness” “Keep Refrigerated” “Perishable”

Plug your home town and “sauerkraut” into the search bar. You may luck out and discover a local artisanal producer.

Buy the RIGHT STUFF!

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Pickled Planet | pickledplanet.com

Beat Kraut Sauerkraut INGREDIENTS: Organic cabbage, carrots, beets, Real salt, caraway and LOVE. **ORGANIC**

LABEL or WEBSITE INFO: “Raw Sauerkraut” Packed in jars in own brine solution without heat.



Gold Mine | shop.goldminenaturalfoods.com

Sauerkraut INGREDIENTS: Organic cabbage, Celtic sea salt. **ORGANIC**

LABEL or WEBSITE INFO: “Fresh, Raw and Alive” Handmade in small batches and aged in special crocks.



Trader Joe's | traderjoes.com

Sauerkraut INGREDIENTS: Cabbage, Persian cucumbers, sea salt, garlic. **NOT Organic.**

LABEL or WEBSITE INFO: No vinegar added. No lab cultures to kick-start the process. No cooking or pasteurization.



Rejuvenative Foods | rejuvenative.com

Sea Vegetable Garden Kim-Chi Sauerkraut INGREDIENTS: Cabbage, Celery, Carrots, Lemon Juice, Ginger, Sea Vegetables, Thyme, Basil, Sage, Rosemary, Ground Dried Red Peppers. **ORGANIC**

LABEL or WEBSITE INFO: “Perishable” “Keep Refrigerated” We never heat or pasteurize the final product.