



436 S. Burdick Street
Kalamazoo, MI 49007

And at anytime, check out our website:
www.peoplesfoodco-op.org

The Coop Scoop is published by the People's Food Cooperative of Kalamazoo. Copyright 2007 by the People's Food Cooperative of Kalamazoo.

PEOPLE'S POWER HOUR

89.1FM

THURSDAYS 7-8PM

A COLLECTIVELY RUN WEEKLY RADIO SHOW WITH ACTIVIST INFO AND CONVERSATION ON TIMELY TOPICS.

You won't miss a thing.

KalamazooArts.com

supporting, promoting and funding the arts



PSRT STD
U.S. POSTAGE
PAID
KALAMAZOO, MI
PERMIT NO. 271



1st Quarter 2007

Inside:

- The Skinny 3
- Produce Corner 4
- A Portion of Personnel 4
- Recipe Rally 4
- Manager's Report 5
- Board News 6
- Book Review 7
- PFC Calendar 8



'nuff said.



436 S. Burdick Street
Kalamazoo, MI 49007

Phone: (269) 342-5686
Fax: (269) 342-0194

www.peoplesfoodco-op.org

Hours:
9 am-8 pm
7 Days a Week!



20% Post-Consumer Waste

Expanding on Expansion

Heather Finch, PFC Assistant Manager

About one year ago, on February 26, 2006, we re-opened the People's Food Co-op, welcoming everyone to peruse the products and join us in our revelry over the blood, sweat, and, yes, even a few tears sacrificed by our community to renovate our tiny store.

That was Renovation 2006, and to stay closer to the side of being modest, it was a job well done. Yet, it is becoming more and more apparent that our glorious 784 square feet of retail space isn't quite cutting it anymore. The store is busier; the aisles often become an obstacle course in avoiding customers, staff, and the occasional stack of boxes or a rogue stepladder. It is clearly time implement an expansion project.

Currently, our general manager, Chris Dilley, is working with Bill Gessner, a consultant with a full resume of co-ops he has moved or expanded, to develop a timeline and a financial plan to get the ball rolling so the store can be moved by January of 2009. "We plan on staying downtown or in one of the downtown area neighborhoods," Chris

said, a sentiment that seems to be shared by much of our staff and membership. While he is working on this plan, one that is anticipated to more than quadruple our current floor size, the staff is working on gaining efficiency to keep our current store operating smoothly, and prepare for busier days ahead.

Hether Frayer, the chair of our board, considers the enthusiasm about expanding to be "a great momentum to get us going, and one that will keep us going strong." This is not a project PFC plans to step into lightly. "It is a long timeline, one which goes back two years when we began plans to renovate," Hether said, "and we are still looking out a few years. That is a long time to let our energies slack."

Currently, the board is working with an extensive checklist, a workbook for expansion projects, developed by Bill Gessner. "I really trust his experience," Hether said, "he has moved so many co-ops... it raises my confidence that we, too, are moving in the right direction."

... continued on page 2

PFC & Community Events Calendar

Monday, March 19
Showing of The Take documentary
8pm at Meristem, 113 W. Dutton
Contact Ashley Bishop; owloffox@gmail.com

Tuesday, March 27
PFC Board of Directors Meeting
7-9pm at the PFC
All members welcome!

Wednesday, March 28
Potluck and Fair Food Matters presentation
5:30pm at Meristem, 113 W. Dutton
Contact Ashley Bishop; owloffox@gmail.com

Saturday, April 1
Sister Circle; learn to crochet
7:30pm at Meristem, 113 W. Dutton
Contact Ashley Bishop; owloffox@gmail.com

Sunday, April 14
Sewing Workshop with the Naked Seed
1-5pm at the Gibbs House, 4503 Parkview
FREE! Register with
thenakedseed@yahoo.com

Tuesday, April 24
PFC Board of Directors Meeting
7-9pm at the PFC
All members welcome!

Tuesday, May 22
PFC Board of Directors Meeting
7-9pm at the PFC
All members welcome!

Saturday, May 27
Sushi Workshop with the Naked Seed
3-8pm at the Gibbs House, 4503 Parkview
FREE! Register with
thenakedseed@yahoo.com

Sustainable Herbalism

By Janice Marsh-Prelesnik

Here in the temperate region of southwest Michigan we are especially blessed to live among such a vast array of healing plants. We can virtually walk out the door and be among a plethora of healing herbs both wild and cultivated.

With that in mind, did you realize that a majority of the herbs sold in the United States are imported from Eastern Europe, India, China, Mexico, and many third-world countries? Many of these imported herbs are grown

using pesticides and are fumigated as they enter this country. Why use the resources to transport herbs from around the world when we can grow what we need right here?

As the momentum grows for purchasing local foods I would ask that we consider choosing sustainable herbal remedies as well. As with foods it is critical to ask questions about where our remedies come from and whether or not our choices are sustainable.

... continued on page 2

Expanding ...

continued from page 1 ...

Two years ago, during their visioning retreat, our board decided one of their quests was to create a co-op in which 75% of customers can make a one-stop shop. This involves a lot of pieces, and it is difficult to determine exactly what that will look like, exactly what our customers would require to allow the co-op to fulfill their grocery shopping needs.

Our board of directors has an expansion committee up and running, but they are seeking further input from members. The expansion committee will help dream up the possibilities—a larger

produce section, a deli with seating, more herbs, more teas, more everything—as well as prioritize those possibilities to match what is most needed in our store.

“This is exciting, really exciting,” Chris says. “It may be a slow simmer of anticipation now, but you can still see the steam rising.”

For more information regarding the expansion, contact Chris Dilley, general manager, at chris@peoplesfoodco-op.org or (269) 492-6468. For more information regarding the expansion committee, including interest to join, contact Hether Frayer, board chair, at email@email.com or (269) 381-0847. ☺

Herbalism ...

continued from page 1 ...

When purchasing herbal remedies ask yourself the following questions:

1. *Where does the herb come from and what other resources are utilized to transport and manufacture the herb? What is the impact on the earth?*

For example, a popular herb used is Tea Tree Oil. Tea Tree does not grow in our temperate bioregion. If you wanted to treat a fungal infection with Tea Tree you could instead save resources by using Black Walnut hulls for the same purpose — anyone who lives near a Black Walnut tree knows that those nuts grow in abundance in this area. You could also use Red Cedar, another common tree in our area, for fungal problems.

2. *How are the herbs grown, harvested, and prepared?*

We all know how much better fresh foods are. You can feel the vibrancy and the life force of fresh foods enter your body—fresh, ripe vegetables taste best. So do fresh herbs. Remedies prepared from fresh herbs, harvested at the peak of their vibrancy, retain their richness and are nourishing as well as healing.

Using herbs grown right here in our



Janice Marsh-Prelesnik

area not only nourish and nurture our bodies; they also nourish our souls and bring us closer to nature. Local herbalism connects, or reconnects us, with biological order.

In solidarity with the sustainable farming movement, it is important that we begin to make local choices regarding herbs. When we choose to obtain a locally grown and/or wild-crafted herb we can ask about growing standards and wild-crafting practices. Wild-crafted or organically grown local herbs may cost more than the imported material. However, the peace of mind felt by knowing the local grower and their practices is worth every penny.

The commitment to grow or purchase locally and organically grown herbs is an investment in the health of the planet. We can know that the herbal teas we drink, and the remedies we use to support our bodies in times of stress, are friends that live right here with us in our community. ☺



The People's Food Co-op of Kalamazoo provides good, safe food to the community at reasonable prices, and educates the community about issues related to food, health and environmental responsibility.

Manager: Chris Dilley

Stellar Staff: Erin Abernethy, Erik Benson, Ashley Bishop, Heather Colburn, Heather Finch, Rosie Florian, Elizabeth Forest, David Hughes, Eric Husted, Casey McKenzie, Derek Roseboom

PFC Board of Directors:

Hether Frayer, *President*
Love Burkett, *Vice President*
Charles Henderson, *Treasurer*
Kim Patrie, *Secretary*
Eric Benson
Jim Brode
Jenny Doezema
Doree Lipson
Chris Tower



The Coop Scoop provides a quarterly forum for communication between the membership, staff, board and community about issues related to the store, our mission and our community.

Communications Committee:

Heather Finch, In-store editor
finch@peoplesfoodco-op.org
Brakeman, Design

If you are interested in advertising, carrying *The Scoop* at your establishment, or helping out with production of *The Coop Scoop* contact Chris Dilley at (269) 342-5686. Contributions are due in the store by the 15th of Feb., May, Aug., and Nov. for the following month's issue.

Note: Opinions expressed in the *Coop Scoop* are those of the authors and not necessarily of the People's Food Co-op. *The Coop Scoop* is not a replacement for a trained healer, please consult with a qualified professional before using any information herein.



THE SKINNY

Insight into the operations and inventory of your People's Food Co-op in downtown Kalamazoo

By Heather Colburn, PFC Grocery Manager

Good products can be hard to find, but fortunately I receive input from many folks who are as excited about finding new, healthful, and delicious foods to add to our rotation. I have been converting a lot of suggestions into products on the shelves, and so here is a quick re-cap on things you may have missed over the past few months.

Our newest temptation is Temptation, a brand of vegan ice cream made in



Chicago, using Chicago-made soymilk, in a dedicated vegan and nut free facility. With gluten-free flavors and great ingredients like

Fair Trade coffees, chocolates, and green tea, it is definitely a treat to try. Currently you can find the vanilla and Fair Trade chocolate flavors of these decadent treats in the Co-op's freezer.

Another sweet thing to take notice of is the Tansaaf Farmstead raw honey. This honey is harvested in Paw Paw by John Reuter. He takes great care of his bees and the honey comes out dark, rich and earthy. By far, this is my favorite

Michigan honey. John also raises goats for milking, and combined with the honey makes some superb, artisan soaps that leave you feeling fresh and clean without any strong perfumes. These soaps can be found across the aisle from his honey.

Spring is finally on its way, and it is time to reclaim our bodies from the perils of cold and flu season and ready ourselves to take full advantage of all the delicious fresh and local produce that will soon fill our produce case. Put some friendly bacteria back into your system with the souped-up version of the old standby, yogurt. Greek yogurt. If you have not had a chance to try Fage (pronounced Fay-eh) you will not be disappointed when you do. This luscious, creamy delight can be eaten as yogurt (try it with the Tansaaf honey), a richer and more flavorful sour cream, or as cinnamon raisin cheesecake by spreading it over cinnamon toast made from Journeyman bread.

Along those same lines, miso is an excellent source of beneficial bacteria.



South River Miso Company is back to business and we carry a large variety of pre-packed jars and miso in bulk. Go to southrivermiso.com/recipes for many unique and delicious ways to use this versatile product.

Regardless of whether raw is or isn't your style, check out Rejuvenative Foods cultured and raw Kim-Chi or Vegi-Delite. Eat either of them straight from the jar or put on rice. The Vegi-Delite doubles as a great pickle relish. These living foods are in the cooler next to the Bubbie's pickles and sauerkraut.

Undoubtedly, if you check out all these wonderful new products you'll find something to get as excited about as I am, and if you have anything you think is a perfect addition to our store, please drop a note in our suggestion box at the back of the store. Happy spring! ☺

Produce Corner

By Rosie Florian, Produce Manager

Recently, the People's Produce has had the opportunity to receive shipments of fresh ginger, turmeric, and thai ginger from Josanna's Organics located in the beautiful Hawaiian countryside.

Ginger, that funky looking root found near the garlic, is used frequently for a hot and spicy flavor in cooking. Ginger as a powdered spice (in the spice section), crystallized (in bulk), or ginger as a shredded fresh root can be very

uplifting, added to ginger snap cookies, ginger bread, fresh juices, or in your favorite sauté and stir-fry recipe.

Located near the ginger is turmeric, another odd-looking root that looks like a cross between a carrot and ginger. Turmeric has a spicy-carrot taste and is used most commonly in curry dishes, and is also available as a powdered spice. It is a member of the ginger family and its orange

color is often used in food colorings. There have been recent booms in studies of the medicinal qualities of turmeric; for centuries people have used it as an anti-inflammatory, to treat digestive disorders, liver problems, and much more.

Check out these roots in the produce department, and feel free to drop a recipe or share with the staff your creative uses for these delicious and exotic foods. ☺



A Portion of Personnel:

Eric Husted

By Heather Finch, PFC Assistant Manager

A wry sense of humor, a mischievous smile—though he'll deny there is anything suspect about it—these are things one can expect from Eric Husted, one of the two newest additions to the Co-op cashiers as of November 2006. In the words of co-worker Heather Colburn, Eric "always looks like he's up to something, there is a mysteriousness to him."

Certainly, Heather thinks more of Eric, who she considers a "hard worker, and dedicated to his job." Her position as the grocery manager often leaves her giving complicated directives, "which he has a knack for understanding, and a terrific habit of following through."

If to Eric PFC represents "good food, great people," he should realize he is great people, good food, especially considering recent training in the deli area, training he undertook to "help out in the area, possibly give [Deli] David a vacation; and I love to cook." And cook he does. If he's not working at the Co-op, working at Water Street Coffee Joint, Art



Hopping, or attending a concert, chances are he's at home cooking. Eric applied to the Co-op when he recognized the place to have a friendly atmosphere, and a chance for him to "get involved in the organic food movement." But, when that atmosphere inevitably becomes a chaotic, albeit friendly, one, Eric says he "most-ly becomes frustrated with my memory... I'm juggling a zillion things, all going on at once, and sometimes it's a bit much to keep up with."

There is something about the customer interaction at the Co-op, a relationship that is "transformed into something less formal than a business interaction," one in which Eric feels he is able to "get to know the people I wait on." This seems to mirror his work at Water Street, a job he also

enjoys for the fast-paced environment.

Eric is originally from Kalamazoo, and is currently on an anticipated one-year hiatus from attending college for a degree in history in Iowa. "I plan to go back [to Iowa], but I needed to come back to Kalamazoo for a while because I enjoy the city, I missed my friends... I feel grounded here." ☺

Recipe

Polenta Lasagna

By David Hughes,
PFC Deli Coordinator



You will need:

6 cups water
2 cups corn grits
3 T. butter
1 t. sea salt
1/2 t. chili flakes
1 t. Italian herbs
1 lg. onion, sliced
2 lg. tomatoes, chopped thickly
1 crown broccoli, chopped
1/2 head cauliflower, chopped
4 cloves garlic
1 block raw cheese (your choice), shredded
1 t. basil
salt and pepper to taste

First, the polenta:

Boil water. Add grits and salt. Stir constantly for 20-25 minutes, until the grits take on a very thick consistency. It may bubble a bit, so be careful not to get burned (may not be child-friendly project). When it is really thick and hard to stir, add butter, Italian herbs, and chili flakes. Spread onto a lightly oiled baking sheet and let sit.

Meanwhile:

Sauté the vegetables and garlic in olive oil. Towards the end, add basil, salt, and pepper to taste.

Next:

Slice polenta into three even shapes to fit your deep baking dish. Place first sheet of polenta on the bottom, then one-third of the cheese, and one-half of the vegetables. Place another layer down, using up the vegetables. Put the last piece of polenta on and top with cheese.

Bake at 350 degrees until the cheese is bubbly. Enjoy!

Manager's Report: Expansion is in Our Future

The snow has finally arrived, but now, knowing there is only a roof between me and two feet of our Michigan trademark, it is hard to imagine winter was late this year. Sitting inside our cozy bungalow, watching the snow fall is a perfect way to slow down and take a breath. And it is a much deserved, and much needed breath.

People's Food Co-op has been growing and changing very rapidly over the past several years. We have just finished our third year in a row of double-digit sales growth, managing a total of over 55% growth over three years. That tells me a couple things: 1) we're doing more and more things right, and 2) our community wants and needs a source for good food, and we want it to be a source we can feel good about.

We can feel good about a place where the staff works hard to find the best products with the best attributes, especially supporting local, organic and chemical-free sources. We can feel good about a place that feels like home, with friendly faces and concerned and knowledgeable staff. We can feel good about a business that has a commitment to support local farmers and the local economy in every way possible. We can feel good about choices to recycle and compost nearly all of our waste. And now we can even feel good about forks and spoons made of potato starch! We have a lot to feel good about.

And our goal as we continue to feel our momentum grow is to bring these good feelings to the next level. The board and I have officially set an unofficial goal of being in an expanded location roughly two years from now. That may seem to some of you like a long time, but I assure you that we'll be spending every free moment planning, preparing, and eventually creating our new home. And we'll need every moment of that time to do this right.

We've actually been working on an expansion plan for several years, which started by planning our renovation; completed nearly one year ago to the



Chris Dilley, PFC General Manager, with friend.

day as I write this. The renovation was designed to give us as much time and capacity in this space as possible as we seek out our best next step. More recently, we've taken on the task of restructuring our member/ownership. This is crucial, as our current system will cause us to crumble under the weight of membership in years to come if we continue to grow at the rate we are growing. Indeed, without the influx of member investment that is called for in this change, there is no way that we can accomplish our expansion plans in the short time that we've set for ourselves. You, our members, our owners, play a more important role than ever in the continued growth and success of your cooperative grocer.

So, what are our next steps? Well, I have already begun to work with a consultant named Bill Gessner who has helped many cooperative groceries successfully expand over the past several decades. We have sketched out a scope for the project, estimating sources and uses of funds. And in April, Bill will come to Kalamazoo to work with the board and the staff to create a concrete plan for our expansion. Then we seek spaces, then we seek funds, then we sign a contract, then we start the build out, then we transfer our inventory, then we open our new doors!

So, what do you think? Are you ready for the changes that will be com-

ing our way? Are you ready to participate in this evolution? How? I'll tell you: first, keep on shopping your co-op. Then, if the membership restructuring passes, support your co-op by capitalizing your share as fully as possible as quickly as possible. Participate in the discussions that will take place about what we want to see in our new store. Keep shopping. Consider lending the Co-op money in the upcoming member loan campaign. Tell all your friends, neighbors, family members and random strangers on the street how good it feels to co-own the coolest business in Kalamazoo. And then celebrate by shopping once more at YOUR co-op.

So, that's a lot to think about. I think I'll go get another cup of tea, sit back down on my couch in my cozy little bungalow and watch the snowflakes continue their trip to the snow-covered ground, breathing deeply and calmly. We deserve a break for a little bit longer before the next push starts. I can hardly wait! ☺

The Adventure Centre



269-375-1664

High Ropes Low Ropes
Leadership Teambuilding
Staff Development Off Site
Winter Adventure Programming



Mention this ad for a 15% discount on any programming before April 1st, 2007

Adventurecentre.org



**A Not-for-Profit
Financial Institution
With Us, It's Personal!**

www.citizenscu.org ♦ (269)-381-1938
435 S. Westnedge
3326 Gull Rd. ♦ 6170 W. Main
106 Grand St., Suite B, Schoolcraft



Printmaking
KALAMAZOO INSTITUTE OF ARTS
Kirk Newman Art School
Spring & Summer Class Schedule
online at: kiarts.org/school/sprsummm_07.pdf

PFC BOARD OF DIRECTORS

Your Votes are Needed as the Annual Meeting Approaches

Jenny Doezema, PFC Board Member

Are we really heading into March already? I have thoroughly loved this snowy winter. I've taken full advantage of the snow with sledding, long hikes, and even a visit to a very frozen Lake Michigan. For the first time in many years I am not sure if I am ready to see it go. This weather also makes for cozy quiet workspace indoors where I have also spent some time lately.

It is time for board elections and the annual meeting! It is an important election this year. I have had the honor of being first to read the statements sent in by our candidates while putting together the ballots. I am excited about the talented new folks that are interested in becoming part of our board of directors. All members will receive a ballot filled with statements from those candidates that will help you choose our new members. However, we have more than just candidates to vote for. Please check it out and send in your votes.

As you know the board has been working on a new membership structure. Thank you to those who came to our open

An additional note on the membership restructure:

The primary concern that we have heard from the membership and the community about the membership restructure is the \$250 share cost. Please understand that we will do whatever we can within reason to make the payment structure accessible to as many people in the Kalamazoo community as want to be part of People's.

Chris Dilley, PFC Manager

on Sunday March 18. We ask that you bring a dish to share and we will provide the wine and beer (what better motivation to join in the spirits of the PFC family?). The meeting

discussions; we appreciate your input. In order for this new structure to be put into place we will have to make a change to our by-laws. In order to change our by-laws we need a member vote.

Make sure when you receive your ballot that you also vote for this change. Part of cooperative values includes democratic participation, and it is vital to the growth of our organization that we know what our membership wants.

Please send in your votes by the annual meeting.

Speaking of the annual meeting, we hope you'll join us. We will gather at the Epic Center on the downtown walking mall at 5pm



The People's Food Co-op Board of Directors (left to right) back row: Jim Brode, Charles Henderson, Doree Lipson and Chris Tower. Front row: Erik Benson, Jenny Doezema, Hether Frayer. Not pictured: Love Burkett and Kim Patrie.

this year will be a celebration of a fabulous year. We will have time to eat, time to talk about our success, and a time to share your thoughts on some things that we (the board) are curious about. We will have BenJammin Gauthier and Analisa Guiliano with us to play music with the kids. They will also perform at 7pm.

So, of course, if we have new candidates coming in, we also have board members leaving. I am one of those board members. I have learned so much from the strong group of people I have worked with. I am lucky to have served during a time that the co-op is heading in such a positive direction. Thank you to the board and thank you Chris Dilley! Jim Brode, another board member who is leaving, has dedicated a lot of time, ideas and hard work during his term with the board. I am not alone in saying he will be missed. Thank you, Jim, for all you have contributed. 🍷

Don't forget to vote!

Thanks,
Jenny Doezema

Annual Meeting

Sunday, March 18

5 pm

Epic Center

Downtown Kalamazoo

Wild Fermentation

Book Review by Heather Finch

It has been four years since *Wild Fermentation*, by Sandor Katz, was thrust into the bookstores of America, opening new food avenues for people across the nation. Indeed, people from coast to coast have been raving about their new talents for creating foods from miso to wine to sauerkraut, and everything in between.

Beyond the over one hundred fermenting recipes, Sandor offers a wide scope of knowledge regarding the history of fermentation, his views on the health and environmental benefits of it, all in a refreshing mix of well-researched information and practiced techniques delivered as if the reader is an old friend. *Wild Fermentation* is a pleasurable, informative, and motivating read.

This April, Sandor will be visiting Kalamazoo to host a workshop about fermenting. Currently he is residing at Short Mountain Sanctuary, an intentional community located in Tennessee. With over a decade of fermenting experience and four years of giving speeches about it, Sandor's upcoming stay will provide an excellent opportunity for Kalamazooans to learn and enjoy.

During a recent interview with Sandor, I was able to encounter his eloquence firsthand. Indeed, with hardly a



Sandy Katz, living the good life.

question asked he was amply prepared to share the same enthusiasm I experienced when reading his book, amplified to larger issues about our role in our world.

Q: What do you consider the biggest advantage to someone reading *Wild Fermentation*?

A: Well, one big problem is we tend to think of ourselves as consumers, and this tends to be disempowering. Growing food and gathering it is the first way organisms interact with their environment. It is this connecting with the natural world that we can become producers instead of consumers.

Q: What are the most common hurdles you find when talking to people about fermentation?

A: People in our culture are afraid. Less than one hundred years have passed

since we have become accustomed to refrigerating food, but for thousands of years before that people has to preserve food using other methods.

Q: How about people who just don't have enough time?

A: There are overarching issues like climate change and pollution, which could be helped by people becoming more producers and less consumers. We should change perspective on how we use our time. For example, growing herbs on a windowsill doesn't take much time, and it becomes an energizing activity, it becomes an inspiration. And if people can't be producers themselves, they can

become allies of producers by shopping at local farmers' markets and being a part of a community supported agriculture. How far do we want to take the convenience paradigm?

Sandor has also recently published *The Revolution Will Not Be Microwaved*, a book designed to help people learn accountability

for their own food choices.

Stay tuned to the People's Food Co-op for details regarding Sandor's visit to Kalamazoo. For more information about *Wild Fermentation*, visit www.wildfermentation.com. 🍷



Saurkraut (adapted from *Wild Fermentation*)

You will need:

- One-gallon ceramic crock
- Plate that fits inside crock
- One-gallon jug filled with water
- Cloth cover
- 5 pounds cabbage
- 3 tablespoons sea salt

Process:

1. Chop or grate cabbage, finely or coarsely, with or without hearts, however you like it. Place cabbage in a large bowl as you chop it.
2. Sprinkle salt on the cabbage as you go.
3. Add other vegetables, fruits, and herbs and spices. Experiment.

4. Mix ingredients together and pack into crock. Pack just a bit into the crock at a time and tamp it down hard using your fists or any (other) sturdy kitchen implement.

5. Cover kraut with a plate or some other lid that fits snugly inside the crock. Place glass jug filled with water on the cover. Cover the whole thing with a cloth to keep dust and flies out.

6. Press down on the weight to add pressure to the cabbage and help force water out. Continue doing this every few hours until the brine rises above the cover. This can take up to about 24 hours, as the salt draws water out of the cabbage slowly. If

the brine does not rise above the plate level by the next day, add enough salt water (one teaspoon salt dissolved in one cup water) to bring the brine level above the plate.

7. Leave the crock to ferment. Check every day or two. Sometimes mold appears on the surface. Skim what you can off of the surface. Rinse off the plate and the weight. Taste the kraut. Generally it starts to be tangy after a few days, and the taste gets stronger as time passes.

For the full, and much better, version of this recipe, read *Wild Fermentation* or check out www.wildfermentation.com