



Barracks Lane Community Garden

Charity No. 1116544 and incorporated as Company No. 05945388

<http://www.barrackslanegarden.org.uk>

**Pickle your fancy: traditional and creative lacto-fermentation
(live-culture vegetable preserving). Workshops led by Annie Levy.**

Resources

(16th June 2012)

Photos from the day

<http://www.flickr.com/photos/barrackslanegarden/sets/72157630173125048/>

A review of what we've tasted

White cabbage and nettle sauerkraut

Red cabbage and caraway sauerkraut

Curried sauerkraut

Soup Stock Mix

Carrots Swede chillies

Cultured Piccalilli

Beetroot ginger garlic Kvass

Pickled garlic

Onions with sumac condiment



Articles by Annie Levy

Create a rainbow sauerkraut fermentation

http://www.barrackslanegarden.org.uk/resources/Fermentation_rainbow_sauerkraut.jpg

(reproduced with thanks from [Permaculture Magazine](#))



Create a beetroot fermentation

http://www.barrackslanegarden.org.uk/resources/Fermentation_beetroot.jpg

(reproduced with thanks from [Permaculture Magazine](#))

Websites

<http://www.wildfermentation.com/> the most inspiring and informative of them all

<http://nourishedkitchen.com/> nice approach to “traditional” food

<http://www.punkdomestics.com/category/tags/fermenting> a fabulous resource of fabulous blogging



Books

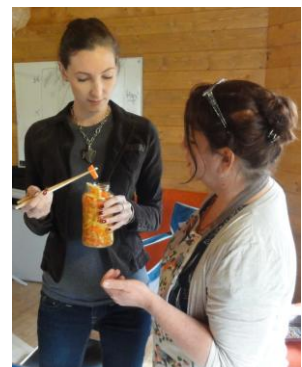
Sandor Katz

Wild Fermentation

<http://www.green-shopping.co.uk/wild-fermentation.html>

The Art of Fermentation

<http://www.bookdepository.co.uk/Art-Fermentation-Sandor-Ellix-Katz/9781603582865>



Sally Fallon

Nourishing Traditions

<http://www.bookdepository.co.uk/Nourishing-Traditions-Sally-Fallon/9780967089737>

Radio

BBC Radio 4 Food Show – Fermentation Revival

<http://www.bbc.co.uk/programmes/b01g4ks7>

US radio interview full of interest and basics

<http://www.npr.org/2012/06/13/154914381/fermentation-when-food-goes-bad-but-stays-good>

