



Lacto-Fermented Green Beans

Jade Novarino, [CAMPO Collective](#)

Jade Novarino a farmer, artist, and cook demonstrates how to make pickled green beans in two different ways. Both lacto-fermented and vinegar pickling help preserve vegetables, from green beans to cucumbers, carrots, cauliflower, cabbage, beets, and more.

Ingredients:

- Green Beans
- Water
- Salt
- Lemon Peel
- Ginger
- Dried Cayenne Chile
- Garlic

Directions:

1. Gather your ingredients.
2. Sterilize your jars and lids. This can be done by boiling them in water for 10 minutes or using a dishwasher with a sterilized setting.
3. Place your jar on a kitchen scale and tare it to zero, setting the scale to grams.
4. Fill the jar with your green beans, adding water until the vegetables are fully submerged.
5. Weigh the filled jar and calculate 3% of the total weight to determine the amount of salt needed. For example, if the weight is 860 grams, multiply by 0.03 to get 25 grams of salt.
6. Add the salt to the jar. Lid the jar and shake it well to distribute the salt evenly throughout.
7. Remove the lid and add your other seasonings to the jar, make sure everything is fully submerged, using a weight if necessary. Cover again with the lid.
8. Leave the jar at room temperature for 24 hours. Then "burp" the jar by opening it to release any built-up gases. You should see bubbles being released.
9. Continue to burp the jar once a day for about a week, or until the bubbling activity is very mild. The rate of fermentation can vary depending on the ambient temperature; warmer conditions may speed up the process.
10. Once the bubbling has subsided, the fermented vegetables are ready. For the best flavor, store them in the refrigerator before consumption. This will also slow down any further fermentation.

