

We've tried some odd things by way of pickles. Most worked, just one jar of Caulifrower that went really - really bad!

So Beetroot, it's a classic really.

Total cost for 2 jars? £1 or so!

The basic recipe is here for all the Lacto-Fermented pickles - http://www.eatwellonuc.org.uk/index.php/recipes/9-lacto-fermented-cauliflower-recipe

But realistically add 6 heaped table spoons of salt to 1L of water and bung in any old vegetables in. Leave for 3 weeks, let the gas out once in a while and enjoy. If it works it works, if not you'll certainly know about it when you open the jar!

Method:-

- Skin the Beetroot with a potato peeler.
- Slice.
- Add to jar.
- Pour brine solution over to cover.
- Seal and put away for 3 weeks.
- Enjoy!