

Fermented Green Beans

Take the stems off a few handfuls of green beans. In a quart-size glass jar, pack the beans and a clove of garlic. Make a brine of 3 tablespoons of salt (needs to be sea salt or something without an anti-caking agent) to 4 cups water. If you have "city water", let the 4 cups sit out overnight before doing this. Pour the brine over the green beans and place a lid on top. Burp every other day (or every day if warm). Taste after a week. Once the beans taste "pickled," place in the fridge. Keeps for as long as it takes you to eat them.