



# Safety & Prep

## The Tools You' ll Need To Make Fermented Foods

There are many, many different types of jars, crocks, containers, slicing tools and gadgets that can be used to make fermented foods. I included what you truly need and some that are optional.

### **Tools You Need:**

- 2 Quart Size Mason Jars
- Sea Salt
- Cutting Board
- A knife
- Purified Water
- Veggies

### **Optional Tools:**

- Airlock Lids
- Fermentation Weights

- Cabbage Tamper
- Fermentation Crock

**Up next is Module 2, Pickle Brining**