

CERES Fair Food

6/198 Beavers Road, Northcote, 3070
(03) 8673 6288
www.ceresfairfood.org.au



Krautsourcing: What jars shall I use?

Jars are essential in your sauerkraut making. But which ones should you use?

Large sizes (800ml and above) are good because they fit a least 1/2 a large cabbage, or a small red cabbage.

With any jar used for small batch sauerkraut making, wide-mouthed is best. If you can fit your hand into the jar, you're at an advantage when it comes to pressing your kraut into the jar.

Any jar can be used, so long as the lid produces a good seal when screwed/clipped on and is not damaged or rusted.

Screw top jars.

I use many screw top jars when I make my sauerkraut at home. You don't have to buy new jars, but that can be an advantage if you want larger jars. These are some of the jars that I use on a regular basis:



< recycled coconut oil jar, 900ml capacity, holds ½ a large cabbage.



Recycled pickle jar, 1.25L capacity. Holds almost a large whole cabbage >

These jars are prone to leaking if the brine, during the fermentation process, rises too high. I tend just put them in a bowl on my fermentation shelf so I can catch any brine if overflow happens. These jar don't produce a super-good air-tight seal, but they still produce good sauerkraut, and they are widely available in people's recycling everywhere. Make sure you put the lid on tight when you're finished packing in your kraut.

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“Fido” or “Weck” style clip-top jars.

These are great for sauerkraut, as they create a good seal around the top of the jar, so use them if you have them already or can get your hands on some. Carbon dioxide produced from the fermentation process builds up well in these jars, which makes for a great, anaerobic (no air) environment as the fermentation progresses, the air in the jar is forced out through the seal. If you have a good anaerobic environment, the less chance you have of having any problems with mould. Below are some examples of these types of jars.



< “Fido” style jar with a clip-top lid, about 1.5L capacity



“Weck” Clip-on lid preserving jar, 850ml capacity (from homemadeit.com.au) >

A little note about lids

Lids should be still with an intact seal. If they are a screw top lid that you are re-using, check the lid to see if there is a little rubber ring on the inside of the lid (see picture below). This will help with a seal on your ferment and the production of an anaerobic environment for those amazing sauerkraut bacteria to get to work.

Lids that are damaged or rusty should not be used. If your brine rises in your jar and touches the lid and the lid is rusty, you might end up with some funky, unpleasant tastes in your sauerkraut. If you use the same jar continuously to ferment your sauerkraut and other ferments, over time, the lid may begin to rust. Time to swap them out if they do!



This is the seal on the jar lid

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Other options: The crock

If you're serious about making a large amount of sauerkraut, you might consider using a fermentation crock. I was lucky enough to find one on the side of the road. This crock fit two cabbages. It's very important to make sure the kraut is weighed down inside the crock, and the crock is sealed against air and any insects that want to see what is inside. I usually seal the crock with a plastic band and a lot of tape or rubber bands I place the plastic bag inside the crock and push it down to the level of the cabbage. I then weigh the cabbage down with water inside of the bag or using other weights (fermentation weights or a heavy stone). I then fold the plastic bag over the lip of the crock and make sure it's sealed and secured down, then put the lid on the crock. You might be lucky to find a crock in an op shop or online.



My crock is great for large batches, although I still opt for jars so I can use one cabbage to make many small batches of different flavours.

Home Make It Stores and discount code

Are you looking to buy jars or a crock*? Home Make It have a 10% discount on all of their persevering range, up to October 8th – Krautsourcing Day! Use code **KRAUT** at checkout to get 10% off.

www.homemakeit.com.au/collections/preserving

You can use this code in store too.

Clayton Store

Phone: (03) 9574 8222
Address: 4/158 Wellington Road, Clayton Vic 3168
Monday to Friday: 9am to 5pm
Saturday: 9am to 1pm

Reservoir Store.

Phone: (03) 9460 2777
Address: 265 Spring Street Reservoir VIC 3073
Monday to Friday: 9am to 5pm
Saturday: 9am to 1pm



*Crock not available online. Check with stores for availability.