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Submit articles electronically in Word format and photos in JPG format.

**A GIFT OF SAUERKRAUT**

*Richard Huff, MGV Emeritus with Honors*

In 1995, when I was an active Master Gardener, my wife Mahala and I invited Master Gardener Bob Reid and his wife Gail to our house to learn how to make sauerkraut. Since that date, Mahala and I have made kraut yearly, and we began giving it away as gifts.

Recently, I have become acquainted with the Reverend Russell Goldner. We have concocted the plan to make kraut and give it away. Our project is called our "kraut ministry." We meet around the last of September and process 100 lbs. of winter cabbage into our crocks (not anything metal!) and give it a month to ferment. Help is needed. Last year, Helga, a woman of German descent, helped willingly even though, surprisingly, she doesn't like kraut. Note that not everyone does.

Since leaving Cleveland Hts., I now have membership with Pilgrim Christian Church in Chardon, Ohio. For the past two years, I have given to the membership my half of the 100 lbs. of kraut in pint freezer bags. The church designates the Sunday of give-away as kraut Sunday. The kraut is ready for Thanksgiving and the holiday season.

Russell and I each feel gratified about making our kraut to be given away as gifts.



Richard with the harvest



Reverend Goldner

### Making Sauerkraut

Remove the outer leaves and any undesirable portions from firm, mature heads of cabbage; wash and drain. Cut into halves or quarters; remove the core. Use a shredder or food processor to shred the cabbage.

Place 5 pounds of shredded cabbage in a crock. Mix in 3 T of salt. Let the mix stand for a few minutes to wilt slightly. Use a wooden tamper or tamp with your fist until juice comes to the surface. Keep adding to the crock a mix of 5 pounds of cabbage and 3 T of salt and repeat the tamping process.

Cover the cabbage so that it is not exposed to the air. Place a large, heavy-duty plastic bag over the top of the crock. Press out any air between the plastic and the cabbage. Place another bag inside the first one and slightly fill with water. This second bag serves as a weight and prevents air from getting to the cabbage, and it makes an odor-free fermenting process.

Fermentation is usually completed in five to six weeks. A room temperature of 68 to 72 degrees is best for fermentation of the cabbage.

To store: heat sauerkraut to simmering. Do not boil. Pack hot sauerkraut into clean, hot jars and cover with hot juice to within 1/2 inch of top of the jar. Adjust jar lids. Process in boiling water bath, 15 Minutes for pints, and 20 minutes for quarts. Start to count processing time as soon as hot jars are placed into the actively boiling water. OR: put kraut into freezer-lock bags and place in the refrigerator, NOT in the freezer.

Remove jars and complete seals, if necessary. Set jars upright, several inches apart, to cool.

### GIFT FOR YOU -- TAKE ONE

(Prepared for you by Rev. Russell Goldner and John Richard Huff. This is our KRAUT MINISTRY)



Richard

### IF YOU MAKE YOUR OWN:

1. BUY WINTER CABBAGE
2. KOSHER SALT
3. YIELD: 50 LBS WILL MAKE 20 to 23 QUARTS OR 40 to 46 PINTS

"Proper canning techniques in home canned foods are important to prevent food borne diseases that can be deadly. Cuyahoga County has a new FCS Educator, contact Courtney Woelfl ([woelfl.1@osu.edu](mailto:woelfl.1@osu.edu)) for a home food preservation demonstration or hands-on workshop to your group."