Cultured Cauliflower, Carrots, and Garlic

Ingredients:
- 3 garlic cloves, peeled and slightly crushed, but still intact
- 3 cups cauliflower florets, rinsed in cold water
- 3 large carrots, cut into thin sticks
- 2 tablespoons sea salt
- 1 quart filtered water

Instructions:
1. Place the crushed garlic in the bottom of a clean quart jar. Follow with layers of cauliflower and carrots, making sure there is an even mixture of both inside the jar.
2. Dissolve sea salt in water. Fill up the remaining space in the jar with the salt solution. Use a wooden or plastic utensil to release any air bubbles trapped along the sides of the jar.
3. If necessary, weigh the vegetables down under the brine.
4. Cover each jar with a tight lid, airlock lid, or coffee filter secured with a rubber band.
5. Culture at room temperature (60-70°F is preferred) until desired flavor and texture are achieved. If using a tight lid, burp daily to release excess pressure.
6. Once the vegetables are finished, put a tight lid on the jar and move to cold storage. The flavor will continue to develop.

Recipe from: http://www.culturesforhealth.com/lacto-fermented-cauliflower-carrots-garlic-recipe