LACTO-FERMENTED KIMCHI & SAUERKRAUT SCHEDULE

WILD LACTO-FERMENTATION MASTER | 2.0% SALINITY LAW, BUBBLE MONITOR & BURPING LOG

THE SACRED 2.0% TO 2.5% SALT SALINITY LAW (WEIGH CABBAGE IN GRAMS):

For every 1,000g of shredded cabbage, add exactly 20g to 25g non-iodized sea salt. Too little salt invites mold; too much halts beneficial lactic bacteria.

FERMENTATION BATCH TRACKER & BURPING LOG

Batch Date	Ferment Type	Cabbage Wt	Salt Wt (%)	Room Temp	Days Ambient	Fridge Move	Tang & Crunch Rating
____/____/20__	Kimchi / Kraut	_____ g	____g (2.0%)	____ °F	____ Days	____/____	[ ] Crisp [ ] Sour
____/____/20__	Kimchi / Kraut	_____ g	____g (2.0%)	____ °F	____ Days	____/____	[ ] Crisp [ ] Sour
____/____/20__	Kimchi / Kraut	_____ g	____g (2.0%)	____ °F	____ Days	____/____	[ ] Crisp [ ] Sour
____/____/20__	Kimchi / Kraut	_____ g	____g (2.0%)	____ °F	____ Days	____/____	[ ] Crisp [ ] Sour
____/____/20__	Kimchi / Kraut	_____ g	____g (2.0%)	____ °F	____ Days	____/____	[ ] Crisp [ ] Sour
____/____/20__	Kimchi / Kraut	_____ g	____g (2.0%)	____ °F	____ Days	____/____	[ ] Crisp [ ] Sour
____/____/20__	Kimchi / Kraut	_____ g	____g (2.0%)	____ °F	____ Days	____/____	[ ] Crisp [ ] Sour
____/____/20__	Kimchi / Kraut	_____ g	____g (2.0%)	____ °F	____ Days	____/____	[ ] Crisp [ ] Sour
____/____/20__	Kimchi / Kraut	_____ g	____g (2.0%)	____ °F	____ Days	____/____	[ ] Crisp [ ] Sour
____/____/20__	Kimchi / Kraut	_____ g	____g (2.0%)	____ °F	____ Days	____/____	[ ] Crisp [ ] Sour

BACTERIAL SUCCESSION TIMELINE

Stage 1 (Days 1 - 3) Leuconostoc:
Leuconostoc mesenteroides initiates fermentation. Produces carbon dioxide gas (fizzing bubbles) and mild lactic/acetic acids, lowering pH below 4.5.

Stage 2 (Days 4 - 7) Lactobacillus:
Lactobacillus plantarum dominates as acidity climbs. Consumes remaining sugars, creating the signature sour bite and deep probiotic density.

Stage 3 (Days 8 - 21+) Cold Maturation:
Move jars to refrigerator (38°F). Slow cold conditioning preserves crisp texture while developing complex earthy umami flavors over 2 to 6 months.

SAFE SUBMERSION & BURPING LAWS

Submerged Under Brine (Anaerobic):
MOLD CANNOT GROW UNDERWATER. Always use glass fermentation weights to keep every leaf completely submerged under liquid brine.

The Daily Jar Burp:
If using standard Mason jar metal lids, burp jar daily (twist lid slightly to release pressure) to prevent dangerous gas pressure explosion.

Kahm Yeast vs Bad Mold:
Kahm yeast is a harmless, flat, thin white film. Fuzzy white, blue, black, or pink mold that sits above water line means batch must be discarded.

Temperature Window (65°F - 72°F):
Keep fermenting jars in a dark pantry at 65°F-72°F. Above 75°F fermentation is too fast, producing mushy cabbage.