

Fermentation Safety Checklist

Author Carl – No Fads. No Myths. Just Books You Can Trust.

Cleanliness & Setup

- Wash hands and all equipment thoroughly.
- Use clean, sterilised jars and utensils.
- Avoid cross-contamination: keep raw meat away from your fermenting area.

Salt & Brine Rules

- Use 2.0%–2.5% salt by weight of vegetables (weigh veg × 0.025).
- Use non-iodised salt (sea salt or pickling salt).
- Stir or shake until salt is fully dissolved.

Green Flags (Normal Signs)

- Bubbles and fizzing.
- White film / kahm yeast (not fuzzy).
- Brine level rising slightly.
- Sour, tangy smell.

Red Flags (Unsafe Signs)

- Fuzzy, coloured mould (green, black, blue, pink).
- Rotten, putrid or chemical smell.
- Slimy texture or discoloured veg.
- Jar with no brine covering veg (exposed pieces can mould).

Temperature & Environment

- Best range: 18–22°C (64–72°F).
- Avoid hot spots (radiators, direct sunlight).
- If too cold, fermentation slows – leave longer.

Troubleshooting

- Soft vegetables → salt too low or temperature too high.
- No bubbles → colder environment or very early stage.
- Too salty → rinse before eating.

- Brine overflowing → loosen lid or use airlock.

Rule of thumb: **If in doubt, throw it out.**