



How to Lacto Ferment Any Vegetable

Calculator: [How to Lacto-Ferment Vegetables in Brine + Calculator - HakkoBako](#)

Vegetable	Brine percentage
broccoli	2% – 2.5%
cauliflower	2%
celery	1% – 2%
cucumber	3.5% – 5%
garlic	3%
green beans	2%
onions	5%
potatoes	2%
radish	5%
tomatoes	2%
olives	10%
Beets/ turnips	2%

Notes:

- The water value refers to the amount of brine you want to make. For example, using a one-quart jar will make less than a quart of brine as you already have vegetables.
- Don't use salt that contains additives like iodine, sugar or anti-caking agents.