

— FREE QUICK-START • FERMENTING

The Home *Fermentation Safety* Card

A salt calculator, a pH check against the 4.6 line, and a keep, fix or discard grid for the jar.

**2.5%**

SALT WEIGHED

4.6

PH LINE

7

SIGNS

65–75°F

ROOM

KITCHEN PRACTICE • FREE SAFETY CARD

The Home *Fermentation* Safety Card

A salt calculator that weighs it for you, a pH check against the 4.6 safety line, and a keep, fix or discard grid for every film, smell and color you will meet in the jar.

2.5% SALT weighed for you	4.6 PH LINE checked on day 7	7 SIGNS keep, fix, discard	65–75°F ROOM for the ferment
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How to use this card

FIRST JAR

STEP 1 Weigh the salt Vegetables plus water, times the salt percent. The calculator does it.	STEP 2 Sink everything A weight or a brine-filled bag keeps it all under the brine.	STEP 3 Keep it at 65–75°F Out of the sun, away from the stove.	STEP 4 Check the acid pH 4.6 or lower by day 7, or the batch goes.
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Acid Is the Safety Step

3 FACTS

Vegetable fermentation is safe for one reason: salt and an airless brine let lactic acid bacteria win, and they turn the brine acidic within days. Get the salt right, keep everything under the brine, and check that the acid arrives.

pH 4.6 is the line. *Clostridium botulinum* cannot grow at pH 4.6 or below. A healthy ferment passes it in a few days and settles around 3.4 to 3.9.

Salt is weighed, not scooped. About 2 to 2.5% of the weight of vegetables plus water. A teaspoon of one salt can weigh twice as much as another.

Air is the enemy. Under the brine is safe and sour; above it, yeasts and molds grow.

THE EVIDENCE BEHIND IT

FDA, 21 CFR 114

pH 4.6 is the boundary below which *C. botulinum* does not grow.

USDA NCHFP

Sauerkraut ferments best at 70–75°F (3–4 weeks); below 60°F it may not ferment; above 75°F it may soften.

GARLIC-IN-OIL OUTBREAKS

Botulism cases come from airless, low-acid foods such as garlic in oil, not from properly soured brine ferments.

WHEN IN DOUBT, THROW IT OUT

Discard without tasting for fuzzy mold of any color, a pink tint not explained by beet or red cabbage, a rotten smell, mushy vegetables in slimy brine, or a pH still above 4.6 on day 7. Never keep garlic, herbs or vegetables in oil at room temperature. If you are pregnant or have a weak immune system, eat only well-soured, refrigerated batches and ask your clinician if unsure.

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Salt and pH, Calculated

CALCULATES

SALT FOR ONE BATCH

VEGETABLES (G)

WATER (G; 0 FOR SAUERKRAUT)

SALT % (2-2.5 FOR MOST)

TOTAL WEIGHT

SALT TO WEIGH

AS TABLE SALT (6 G/TSP)

AS DIAMOND CRYSTAL (2.8 G/TSP)

DAY 7 PH CHECK

READING FROM A STRIP OR METER

VERDICT

QUICK SALT GUIDE

Sauerkraut (dry-salted)	2-2.5% of cabbage
Carrots, roots	2.5% total mass
Cucumbers (whole)	3.5-5% brine
Hot pepper mash	3-5%
Garlic in brine	4%

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HealthSecrets THE HOME FERMENTATION SAFETY CARD

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Keep, Fix or Discard

7 SIGNS

YOU SEE OR SMELL	WHAT IT IS	DO
Cloudy brine, bubbles, a sulfur smell in week one	A working ferment	Keep. Leave it alone.
Blue-green garlic, white sediment	Harmless	Keep.
Flat white film on the surface, no fuzz	Kahm yeast	Fix: skim it, remove exposed pieces, re-submerge, keep cooler.
Ropy brine, vegetables still firm	Early slime	Fix: wait; it usually clears as the acid builds.
Fuzzy, raised growth, any color	Mold	Discard the whole jar.
Pink tint, rotten smell, or mushy and slimy	Spoilage	Discard without tasting.
pH above 4.6 on day 7	No acid barrier	Discard.

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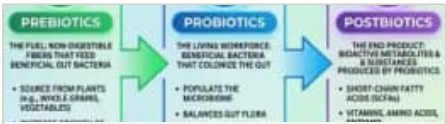


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From One Jar to Six Recipes

COMPANION E-BOOK

This card covers one jar. **The Fermentation Safety Starter Kit** takes you through six recipes, easiest first, with the salt for every vegetable, pH checks on days 5, 7 and 14, the full atlas of what you will see, and batch logs that do the math.

The salt calculator for three batches

plus pound-to-gram and spoon converters and the salt for every vegetable.

The pH checker and day-by-day guide

what you should see on each day, and what the reading means.

The full atlas and jar check

15 signs sorted keep, fix, discard, with a checklist that counts them.

Six recipes, easiest first

carrots, sauerkraut, kimchi, hot sauce, pickles and garlic, each with checkpoints, plus six batch logs.

THIS FREE CARD

- ✓ A salt calculator for one batch
- ✓ A pH check for day 7
- ✓ The keep, fix, discard grid

THE KIT ADDS

- ✓ Salt for three batches and every vegetable
- ✓ pH on days 5, 7 and 14, and a temperature log
- ✓ The full atlas and a counted jar check
- ✓ Six recipes and six batch logs

FILLABLE PDF E-BOOK

Fill it in on screen or print it; it calculates as you type. A free online edition comes with it.

FACT-CHECKED

Against USDA NCHFP and FDA guidance.

ONE-TIME PAYMENT

One payment, no subscription, instant download after checkout.

SEE THE FERMENTATION KIT →

SOURCES • FACT-CHECKED BY THE HEALTH SECRETS EDITORIAL TEAM	
USDA National Center for Home Food Preservation: fermenting sauerkraut and pickles.	Salt, temperatures, times.
FDA 21CFR Part 114; CDC botulism and the garlic-in-oil outbreaks.	The pH 4.6 line; oil warning.

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GUT HEALTH

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MENTAL WELLNESS

Gut-Brain Axis and Mental Health: The Complete Connection

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YOUR FIRST JAR

Weigh the salt. *Check the acid.*

01 • WEIGH

Vegetables plus water, times the salt %.

02 • SINK

Everything under the brine.

03 • GO FURTHER

The kit has six recipes and the full atlas.

Keep reading on healthsecrets.com

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healthsecrets.com/gut-health/fermented-foods-gut-health →

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[See the Fermentation Safety Starter Kit →](#)

[Read: Fermented foods and gut health →](#)

[Recommended fermenting gear →](#)

Educational and organizational tool only, not medical advice. It is not intended to diagnose, treat, cure or prevent any disease. An educational and organizational tool, not medical advice. When in doubt about a ferment, throw it out without tasting.