

Translations:Conserve lactofermentées/62/en

- A jar can be opened and eaten over several days without any problem, although it's a good idea to size the jars according to the number of people in the household.
- Use lacto-fermented vegetables a little every day to get the most out of them (see intro).
- To avoid contamination, it is advisable to remove the fermented vegetables with a clean lid and not to empty the juice (this helps with preservation). Once opened, the jar does not have to be placed in the fridge.