



**Seasonal Eating Demo with Carol Muncer
Open Farm Day August 10th, 2024**

Poor Man's Capers (Pickled)

1 cup nasturtium seeds (green not dry)
1/3 cup cider vinegar
1/3 cup water
1 tablespoon sea salt
1/2 teaspoon sugar
2 sprigs fresh dill

Clean the nasturtium seeds well and place in a clean jar, add the fresh dill to the jar. In a pot, bring the remaining ingredients to a boil on the stove. Pour over the seeds and seal the jar with a clean seal and ring. Leave to pickle in a cool dark spot for one to two weeks and then refrigerate.

Poor Man's Capers (Fermented)

25 grams kosher salt (1.5 tablespoon)
500 grams water 2 cups
Green (not mature) Nasturtium seeds

Combine the water and salt, accurate measurement important when fermenting. Mix to dissolve. Pour the salt water in a jar and seal loosely with a lid. Place on a plate and leave on the counter to ferment (3 or more days) then place in the fridge where they will continue to ferment. The longer they sit, the better they will taste. Unseal regularly to release and carbon dioxide buildup from the fermentation.