



## **Powerkraut storage**

1. **Refrigerate your entire order of unopened product immediately upon arrival.** Keep refrigerated after opening. Both opened and unopened jars can last many months.
2. *Your unopened product* will store up to a year or longer under refrigeration or in a root cellar/ basement with conditions of 55-35 degrees F. Be careful not to freeze, keeping jars out of direct light.
3. Opened product needs to be refrigerated. As you remove a jar from your refrigerator for use, confirm a secure lid, turn jar upside down, holding until kraut juices flow downward toward the lid. Turn upright and open to enjoy.
4. Before closing the jar with it's lid, press remaining kraut down into juices with a clean utensil. It is fine if kraut then rises above the juice line.
5. If you are leaving town for more than two-three weeks, you can add up to 1/8 the volume of remaining kraut in non-chlorinated water, with a pinch of non-iodized salt (We recommend good quality sea salt such as Real Salt or Celtic Sea Salt).
6. Steps 3, 4 and 5 keep kraut moist and prevent oxidation.

## **Transferring kraut to smaller glass containers:**

1. Use only glass containers with lids that have a seal. The acidic nature of kraut can react with plastic, causing the plastic to off-gas.
2. Sterilize clean jars by boiling them or putting them in an oven for 15 minutes at 250 degrees. Cool.
3. Add kraut to smaller jars by packing them firmly. Top off with juice from the larger kraut container. If there is not enough juice, add non-chlorinated water with a pinch of good quality sea salt.
4. Clean jar rim and glass threads with a clean cloth. Secure lid tightly.
5. Store jars in refrigerator or cool root cellar/basement at 55-35 degrees F. Do not freeze.