

Seasonal Ferment ~

Lacto-Fermented Pineapple & Summer Herb Salsa

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This recipe is designed as a gentle Spring-to-Summer ferment that brings together kitchen wisdom, seasonality & microbial nourishment in one accessible jar. The method uses a pineapple base with cooling summer herbs such as fennel, mint & coriander, alongside digestive spices that support Agni without making the preparation overly heating.

Ingredients

- 1 medium ripe pineapple, peeled, cored & finely diced, about 4 cups.
- 1/2 small red onion, finely diced.
- 1/2 red pepper, finely diced, optional for sweetness & colour.
- 1 celery stalk, finely diced.
- 1 small mild chilli, finely chopped with seeds removed, optional.
- Juice of 1 to 2 limes, or juice of 1/2 to 1 orange for a softer citrus note.
- 2 to 3 teaspoons fine sea salt or mineral salt, roughly aligned with a 2 percent salt range

Summer herb & spice layer

- 1 to 2 tablespoons fresh coriander stalks & roots, finely chopped.
- 1 to 2 tablespoons fresh mint, finely chopped.
- 1 to 2 tablespoons fennel fronds or very finely sliced fennel bulb.
- 1/2 to 1 teaspoon lightly roasted cumin seeds, coarsely ground.
- 1/8 tsp of dried ginger.
- 1/8 tsp of turmeric + pinch of black pepper.

Fermentation starters, optional

- 2 to 3 tablespoons of brine from a previous ferment.
- Or whey from live yogurt or kefir.
- Or water kefir, kombucha, or ginger bug, if that is your preferred live starter.

Method

- Weigh all ingredients to calculate the amount of salt needed
- Combine the diced pineapple, onion, red pepper, celery & chilli in a large bowl.

- Add the salt & mix well until the fruit and vegetables begin to release liquid.
- Fold in the coriander stalks and roots, mint, fennel, spices & citrus juice, then taste for brightness & balance.
- Add the optional starter if using, then pack into a clean jar, pressing firmly so the juices rise up around the mixture.
- Keep the solids submerged, leave a little headspace, and ferment ideally at 22 to 29 degrees Celsius; warmer kitchens will move faster, so monitor closely.
- Ferment for 24 to 48 hours maximum, tasting as you go, then refrigerate once lightly tangy & lively.
- Serve chunky, or give it a slight whiz with a stick blender if a softer texture is preferred.

Serving notes

This salsa works well in small spoonfuls alongside warm meals, wraps, grain bowls or grilled vegetables, offering a bright, fresh contrast that still feels seasonally grounded. The same template can later be adapted with other seasonal produce, which makes the recipe both practical for beginners & expandable for deeper fermentation learning.

Zero-waste note

The pineapple rind & core can be repurposed into a simple tepache-style ferment using water, sugar & warming spices, creating a lightly fizzy drink from scraps that would otherwise be discarded.