

## EAT LAC SAMPLE SUBMISSION FORM

***Evaluating and Testing Lacto-ferments Across California (EAT LAC)*** is a multi-faceted research, education and outreach project based out of University of California at Davis. The project aims to provide new and standardized educational materials on the nutritional value of fermented, California-grown produce and processes for fermenting produce for use by consumers and commercial processors. An important part of our project is to measure the microbial contents in wild ferments! By understanding the microbes in our fermented foods, we can begin to better understand the differences between ferments and why and how these foods may be healthy for us. To do this, we are sourcing samples of fermented produce from home fermenters like you! Thank you for helping us with our EAT LAC project!

### HOW TO PREPARE YOUR SAMPLE:

- (1) **Contact us** at [eatlac@ucdavis.edu](mailto:eatlac@ucdavis.edu) to schedule your in-person delivery to the UC Davis campus. If you do not live in the Davis, California area, please contact us at [eatlac@ucdavis.edu](mailto:eatlac@ucdavis.edu) and we will send you instructions on how to ship your sample(s).

**We do not accept samples on the weekend, so please prepare to deliver between Monday and Friday or ship overnight between Sunday and Thursday only**

- (2) **Complete the submission form (see below).** Provide as much detail as possible about your ferment. We only accept ferments that are primarily composed (greater than 50%) of fruits or vegetables and are “fresh”. “Fresh” means the sample is taken immediately after fermentation is complete and before your ferment is stored in the refrigerator. Multiple submissions can be submitted at once, but a new submission form is REQUIRED for each new fermentation sample.

- (3) **Materials needed for collecting a sample:**

- One Metal Spoon/Measuring Spoon
- One Metal Fork
- One pair of kitchen tongs
- One measuring cup
- Dish Soap
- Small pot (if sanitizing using boiling water, large enough to submerge your spoon and fork)
- Dishwasher (if sanitizing using a dishwasher)
- One new, sealable quart size bag (Ziploc or similar brand)
- One new, sealable gallon size bag (Ziploc or similar brand)
- Clean Roll of Paper Towels

- (4) **Procedure for cleaning and sanitizing your utensils using boiling water:**

Step 1: Wash your hands. Wet your hands with warm running water and apply soap. Rub your hands together to make a lather and scrub them well. Be sure to scrub the backs of your hands, between your fingers and under your nails. Continue rubbing hands for at least 20 seconds, about the time it takes to sing the “Happy Birthday” song twice. Rinse your hands well under running water. Dry your hands using a clean cloth or paper towel.

Step 2: Clean the utensils using dish soap and potable water.

Step 3: Place the cleaned utensil in a pot of boiling water. The utensil should be completely submerged in the water. Start a 5 minute timer after the water has returned to a boil.

Step 4: After 5 minutes, remove the utensil from the water using tongs, making sure not to contact the part of the utensil that will contact your ferment.

Step 5: Place the now sanitized utensils on a clean paper towel and allow to cool to room temperature. Touch the handle of the utensil with washed hands to ensure it is ready for use.

**Procedure for cleaning and sanitizing your utensil using a dishwasher:**

If you have a dishwasher that has a steam sanitizing option you can use the dishwasher to sanitize your utensils.

Step 1: Run the dishwasher on the sanitizing cycle with your utensils in an easily accessible area of the dishwasher.

Step 2: After the cycle is complete wash your hands. (Wet your hands with warm running water and apply soap. Rub your hands together to make a lather and scrub them well. Be sure to scrub the backs of your hands, between your fingers and under your nails. Continue rubbing hands for at least 20 seconds, about the time it takes to sing the “Happy Birthday” song twice. Rinse your hands well under running water. Dry your hands using a clean cloth or paper towel.)

Step 3: Carefully remove your sanitized utensils, making sure not to contact the part of the utensil that will contact your ferment.

Step 4: Place the sanitized utensil on a clean paper towel and allow to cool to room temperature. Touch the handle of the utensil with washed hands to ensure it is ready for use.

**(5) Prepare your collection bag.**

Step 1: Wash your hands. (Wet your hands with warm running water and apply soap. Rub your hands together to make a lather and scrub them well. Be sure to scrub the backs of your hands, between your fingers and under your nails. Continue rubbing hands for at least 20 seconds, about the time it takes to sing the “Happy Birthday” song twice. Rinse your hands well under running water. Dry your hands using a clean cloth or paper towel.)

Step 2: Use a piece of tape or Sharpie Marker to label the outside of a quart size sealable bag (Ziploc or similar type bag) with your name, description of the fermented food, and the date. The same identifying information should also be provided in the Submission form.

**(6) Collect a sample of your ferment.**

Step 1: Clean your work area using soap and water and sanitize using your preferred kitchen surface sanitizing solution.

Step 2: Wash your hands. (Wet your hands with warm running water and apply soap. Rub your hands together to make a lather and scrub them well. Be sure to scrub the backs of your hands, between your fingers and under your nails. Continue rubbing hands for at least 20 seconds, about the time it takes to sing the “Happy Birthday” song twice. Rinse your hands well under running water. Dry your hands using a clean cloth or paper towel.)

Step 3: Move your utensils on your clean paper towel over to the work area.

Step 4: Use a bowl or other container to support your collection bag. Open the bag and place in the bowl in your work area.

Step 5: Move your ferment vessel (jar, crock, etc.) to the work area.

Step 6: Using the appropriate cleaned and sanitized utensil, collect approximately one-half ( $\frac{1}{2}$ ) cup of your ferment and carefully place inside of the bag. This is about the size of a plum if you are not using a measuring cup. Do your best not to contact the outside of the fermentation vessel or the outside of the bag with your utensil.

Step 7: Using your sanitized spoon or measuring spoon, transfer approximately 4 tablespoons of the brine from your ferment into the sample bag. Again, take care not to contact the outside of the fermentation vessel or the outside of the bag with your utensil.

Step 8: Using clean hands, push as much air as possible from the bag and seal.

**(7) Package the sample for delivery**

Step 1: After your ferment is in the quart bag, place the labeled quart bag in a new gallon sealable bag. This will help prevent leaking during transport. Once inside, push as much air as possible out of the gallon bag with clean hands.

Step 2: Place your sample in a cooler or other leak proof container for transport to UC Davis. Make sure that you have your completed submission form to accompany your sample.

Deliver the sample(s) as soon as possible after sampling. If you are unable to deliver the sample within on the day you collected it, you may refrigerate the sample for up to 24 hours and deliver the following day. Please make a note if the sample was refrigerated and for how long on the submission form comment section.

***THE SUBMISSION FORM IS ON THE NEXT PAGE***

**SUBMISSION FORM (MUST BE SUBMITTED TOGETHER WITH THE SAMPLE):**

**Personal Information**

**Name:** \_\_\_\_\_

**Phone Number (Home or Cell):** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**City:** \_\_\_\_\_

**Recipe Information**

**Fermented Food:** \_\_\_\_\_

**If the recipe is from a published source, please provide the name or link here:**

\_\_\_\_\_

**Ingredients:** \_\_\_\_\_

\_\_\_\_\_

**NOTE:** We only accept ferments that are primarily composed (greater than 50%) of fruits or vegetables.

**Description of the recipe (include brine percentage and starter origin if either were used):**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Date Started:** \_\_\_\_\_

**Date Sampled:** \_\_\_\_\_

**NOTE:** We only accept samples collected after fermentation is complete and before it is stored in the refrigerator

**Description of fermentation container (include if fermentation had a breathable top):**

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**CONTINUED ON THE NEXT PAGE....**

**Any Additional Comments:**

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**Could you provide us with a few pictures of the fermented food?**

**If so, please email them to us at [eatlac@ucdavis.edu](mailto:eatlac@ucdavis.edu). Include your name and the recipe name in the body of the email.**