



## Dr. Reeta's Fermented Faves

Here's a list of properly fermented foods which will help support your gut microbiome with the hopes of improved brain health. A combination of the various types of foods, eaten in small quantities daily, will give you a range of microbes to populate your gut in a healthy and comprehensive manner. Most are available at various farmers markets, **Central City Co-op** (soon open at their new location), **Whole Foods**, **Central Market**, **Wabash Feed Store**. You can also look them up online for additional locations and availability. I will curate "Dr. Reeta's Pickle Pack" at Central City Co-op SOON!

- **Scotty's Fermented Foods** (Urban Harvest Farmer's Market-best selection, Wabash-for Sauerkraut, Fermented Caraway, Dill, Cucumbers and Beets)
- **Volgin** (Urban Harvest Farmer's Market)-sprouted grains, kvass and vegetables
- **Barrel Creek Provisions** (Central Market, Whole Foods)
- **Vida Verde** (Central City, Westchase Farmer's Market)
- **Peas Farm** (Westchase Farmer's Market)
- **South River Organic Miso** (Moveable Feast)
- **Blue Heron Farms Goat's Milk** yogurt and Feta
- **Lira Rossa Cow's Milk** yogurt and cheeses
- **Swede Farms** yogurt and feta

### **Wabash Feed & Garden**

4537 N Shepherd Dr, Houston, TX 77018  
(713) 863-8322

### **Urban Harvest Farmer's Market**

2752 Buffalo Speedway, Houston, TX 77098  
(713) 880-5540

### **Central City Co-op**

2515 Harvard St, Houston, TX 77008  
(832) 690-1216

### **Westchase District Farmer's Market**

St. Cyril of Alexandria Catholic Church  
10503 Westheimer Road (at Rogerdale Road)  
Houston, TX 77042

### **A Moveable Feast**

9341 Katy Fwy, Houston, TX 77024  
(713) 365-0368

