

**Table S1:** Species of lactic acid bacteria, which were isolated from raw or spontaneously fermented vegetables and fruit.

LAB species	Sources	Juices	Reference
<i>Lactobacillus plantarum</i>	Tomatoes, marrows, carrots, cucumbers, eggplants, red beets, capers, pineapple, plums, kiwi, papaya, fennels, cherries, cabbages	Smoothies Tomato juice Pomegranate juice Cabbage juice Red beets juice Cherry	[11] [28], [39] [98] [38] [37] [31]
<i>Lactobacillus pentosus</i>	Capers, papaya, eggplants, cucumbers	Smoothies	[11]
<i>Lactobacillus rossiae</i>	Pineapple		
<i>Lactobacillus fermentum</i>	French beans, red beets, capers, eggplants, melon pod	Cherry juice	[31]
<i>Lactobacillus curvatus</i>	Peppers		
<i>Lactobacillus brevis</i>	Tomatoes, capers, eggplants, cabbages, cucumbers, melon pod		
<i>Lactobacillus paraplantarum</i>	Cabbages, capers		
<i>Leuconostoc mesenteroides</i>	White cabbages, carrots, peppers, cucumbers, eggplants, lettuce, cherries	Broccoli juice	[48]
<i>Weissella soli</i>	Carrots		
<i>Weissella confusa</i> , <i>Weissella cibaria</i>	Peppers, tomatoes, blackberries, papaya	Smoothies Broccoli juice	[11] [48]
<i>Enterococcus faecalis</i> , <i>Enterococcus faecium</i>	French beans, tomatoes, capers, melon pod		
<i>Pediococcus pentosaceus</i>	French beans, tomatoes, cucumbers, capers, cherries, cabbages	Broccoli juice	[48]

**Table S2:** Review of the recent studies on sugars and organic acids metabolism by LAB along fermentation of plant beverages.

Plant beverages	Compounds metabolized	Compounds released	LAB species	Reference
apple	glucose, malic acid, citric acid	lactic acid	<i>L. plantarum</i> and <i>L. paracasei</i>	[119]
orange		lactic acid, succinic acid		
grape	glucose, malic acid, citric acid, tartaric acid	lactic acid		
black chokeberry	malic acid, fructose	lactic acid, shikimic acid	<i>L. plantarum</i>	[121]
sea buckthorn	malic acid, fructose	lactic acid, glucose, ethyl-glucose	<i>L. plantarum</i>	
carrot	glucose, sucrose	lactic acid, acetic acid	<i>B. lactis</i> , <i>B. bifidum</i>	[95]

cashew apple	fructose, glucose, galactose, sucrose, melibiose, maltotriose	nd	<i>L. acidophilus</i> , <i>L. casei</i> , <i>L. plantarum</i> , <i>L. mesenteroides</i> , <i>B. longum</i>	[112]
cupuassu	fructose, sucrose, glucose	lactic acid	<i>L. casei</i>	[118]
elderberry	malic acid, citric acid	lactic acid	<i>L. plantarum</i> , <i>L. paracasei</i> , <i>L. casei</i> and <i>L. rhamnosus</i>	[120]
litchi	glucose, sucrose, malic acid	lactic acid, citric acid, fructose	<i>L. casei</i>	[60]
pomegrenate	malic acid, fructose, glucose	lactic acid, acetic acid	<i>L. plantarum</i>	[100]
	residual sugars	lactic acid, acetic acid	<i>L. plantarum</i>	[117]
	citric acid, glucose, fructose	lactic acid	<i>L. plantarum</i> , <i>L. paracasei</i> , <i>L. acidophilus</i> , <i>L. delbruekii</i>	[98]
sweet lemon	glucose, fructose, citric acid	lactic acid	<i>L. plantarum</i>	[111]
mixed apples, pears, and carrots	sucrose, malic acid	glucose, fructose, lactic acid, acetic acid	<i>L. plantarum</i>	[182]

Abbreviations: nd, not determined.