

## LACTO-FERMENTED BEVERAGES

### KOMBUCHA

-3 1/2 - 4 qts of non-chlorinated water

-1 1/2 cups sugar

-1 tsp. sea salt

-3 TBS. black tea

-Boil water and tea dissolving sugar and salt. Cool to room temperature. Pour into a 1 gallon wide mouth jar. Place kombucha SCOBY on top, cover with cheesecloth.

-After 10 - 17 days it will turn from sweet to vinegary. Don't want it rotten, wooden or musty smelling. Bottle in glass, screw top bottles. You can add fruit or other flavorings at this point and leave out on counter for another day or so for a secondary fermentation.

Refrigerate to slow fermentation.

### HIBISCUS AND SUMAC SODA

-1/4 cup dried hibiscus flowers, 1 TBS sumac berries, 1/2 cup honey, 1 cup yogurt whey, juice of 1/2 lemon, non-chlorinated water

-Mix ingredients together in a 2 quart jar, screw on lid and place on counter for 1-4 days.

-Strain into 2 glass bottles with screw tops. Leaving 2-3" headspace for CO2 to build.

-Let ferment further on counter for another 2-4 days, transfer to refrigerator. Drink anytime.

Adapted from Full Moon Feast by Jessica Prentice

### WILD YEAST HONEY WINE

-3 cups honey 12 cups non-chlorinated water 1-2 handfuls fresh plant material (ex. lemon balm, lavender, yarrow flowers, violet)

-Stir honey, water and plant in a wide mouth 1gallon jar until honey is dissolved

-Cover with cheese cloth, stir 2x a day (or more) until mixture froths (7-10 days)

-Strain out plant material, transfer honey water to clean 1 gallon apple juice type jug. Put airlock or balloon on and let it ferment until bubbling slows (if using a balloon release pressure daily)

-Drink now or transfer to bottles to age. (Bail cap bottles like Grolsch work well)

Adapted from Wild Fermentation by Sandor Katz

**Resources:** Wild Fermentation and Art of Fermentation by Sandor Ellix Katz ,Nourishing Traditions by Sally Fallon, Full Moon Feast by Jessica Prentice

Fermenting Supplies: Lehmans non-electric catalogue ([www.lehmans.com](http://www.lehmans.com)) G.E.M. Cultures ([www.gemcultures.com](http://www.gemcultures.com))

Suzanna Stone

[www.owlcrafthealingways.com](http://www.owlcrafthealingways.com)

[owlcrafthealingways@gmail.com](mailto:owlcrafthealingways@gmail.com)