

Water-Kefir Grain Drink Instructions

Grain Care: BUY ONLY KEFIR GRAINS PACKED IN SUGAR WATER (FOOD FOR GRAINS)!

- Upon receiving your new grains, before fermenting, follow the resting grain instructions.
- Due to the pressure build up, ONLY glass canning jars must be used in this process.
- Metal is toxic to Kefir Grains (no metal utensils - metal canning lids are lined and protect the grains).
- Use water from well or other known clean source. No Distilled or Chlorinated water!
- Make sure to rinse grains upon *each* and *every transfer* from canning jars using *plastic* strainer.

Resting Grains: This is the process for starting new grains and saving grains (15-20 days) for use later. Remember your grains are living creatures. Nurture and treat them Lovingly!

- In a 1 quart canning jar, dissolve ¼ cup of “*Sugar in the Raw*” (only - for resting the grains.)
- Then fill the jar ¾ full with rinsed Kefir so that grains have room to grow in jar while resting.
- Fill jar with water to top, gently secure lid.
- Place in the back of the refrigerator and keep as still as possible. Grains can rest (grow) for up to a month if there is enough room in the jar to allow it. Be sure to check occasionally to make sure there is always space in the jar to allow growth, grains can suffer if not. (Handle Gently!)

Day 1: Making the Fermentation Solution

- Dissolve 1 cup of “*Florida Crystals Organic Sugar*” to a ½ gallon jar that is 1/3 full of water.
- Add approximately 15 organic seedless raisins per ½ gallon.
- Add fresh organic ginger cut and scored (about a half dollar size) per ½ gallon.
- Also add 4 or more pieces, approximately ¼ cup, of crystallized ginger per ½ gallon.
- Cover with cheese cloth and put rubber band around it to hold it tight.
- Let sit quietly at 70-75 degree temperature WITH LOW HUMIDITY for 24 hours.

Day 2: Adding the Kefir Grains

- Per ½ gallon, add ½ cup of Kefir grains to the Fermented Solution from Day 1.
- Fill jar with water to top and lightly stir well with wooden or plastic utensil.
- Once grains are added, TIMING IS CRUCIAL! Please note time and allow 48 hours for fermentation.
- Cover solution again with cheese cloth and let sit quietly on a paper towel on your kitchen counter.

Day 3: Do nothing! Continue to let solution sit quietly.

Day 4: Separation and placing in pint size canning jars

- Using a plastic strainer, strain out fruits and Kefir grains and keep the strained liquid.
- Separate grains from fruits and rinse grains for future use following the Resting Grains section.
- In pint size canning jars, add ¼ cup of organic blueberry/pomegranate juice.
- Then fill to top each pint jar with the Kefir solution (liquid) that was just strained above.
- DOUBLE tighten all lids and let sit out undisturbed at cool room temperature for another 24 hours.
- Due to pressure in jars, lids may pop up during this time. RETIGHTEN lids as needed!

Day 5: Refrigeration

- Put all pint jars GENTLY in refrigerator (not on the door) for 2-3 days and limit any movement.

USE/WHAT TO EXPECT - many experience warmth in the chest as a result of the increase in enzyme and probiotic activity and an increase/change in bowel activity. Try starting your day out with this delicious, refreshing drink on an empty stomach, then consume as desired throughout the day.

Enjoy!

Watch www.whyagain.org to order Ari's & Julie's gently nurtured grains!

Julie Haverstick, Ari Budnick and the HeartLand Team