

fermented 'ginger-bug' soda

(this recipe is inspired by a recipe from Nourishing Traditions)



for "the bug"

whole tumeric
whole ginger
distilled water
sugar
quart-size mason jar

how to prepare "the bug"

Combine two tablespoons fresh, grated Ginger, one teaspoon fresh grated turmeric (or 1/4 teaspoon powder) two tablespoons sugar (I prefer unrefined cane sugar) 2 tablespoons unchlorinated water (chlorine will kill the beneficial bacteria and yeasts that should grow in the fermentation) in a quart-size glass jar.

Cover with a paper towel or coffee filter, secured by a rubber band

Let sit at room temperature for 24 hours, then repeat step one*

for the soda

1 quart (32oz.) brewed herbal
tea (fruity teas work best)

**Repeat this everyday for five days, if the temperature is below 65, it will take approximately twice as long to ferment and you can add to the bug every other day.*

The mixture will begin to bubble and smell yeasty as it ferments. Once ferments, it can be used to make fermented sodas from herbs and teas

Add 1 tsp ginger and a small amount of turmeric and 1 teaspoon sugar to feed the bug each day that it is not used to make soda or store in the refrigerator and feed once a week

If storing in the refrigerator, leave out at room temp for 24 hours before using in order to activate the culture

to make the soda

Sweeten one quart of herbal tea with about 1/4 cup sugar, cool to room temperature

Add 1/4 cup of strained turmeric-ginger bug liquid to the tea and pour into a jar with an air-tight seal, flip top jars work best

Ferment for an additional three days, then enjoy or refrigerate until ready to use!
Replace the turmeric-ginger bug liquid with 1/4 cup sugar and 1/4 cup water

note

Please open your ginger-bug soda carefully! Occasionally fermented soda can explode!!

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