

# sauerkraut



RECIPE PREPARED BY STEVE AND LISA NEUMUTH

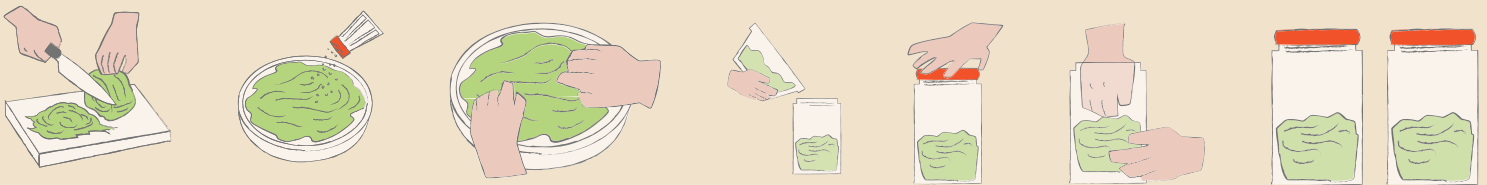
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## DIRECTIONS

- Chop the cabbage and put it in a large plastic or glass bowl (do not use stainless steel) Do not discard the thick outside leaves, set them aside to use later.
- Sprinkle 2 tablespoons of salt over cabbage. Do not over salt them.
- Using your hands mix the cabbage, massaging the salt into the cabbage. Mix for at least 10 minutes while moisture is drawn out of the cabbage.
- Next, mix in one tablespoon of caraway seeds or 1 tablespoon of anise seeds.
- Put the cabbage in a clean crock or mason jar and press firmly into the crock/jar. You are wanting the mixture to be covered in the cabbage juices. It is ok to add a small amount of water if there isn't enough juice to cover the cabbage.
- Put large outer leaves that you set aside on top of the chopped cabbage. Weigh down the leaves with either a smaller jar filled with rocks or a zip lock bag filled with water.
- Put on the lid loosely so it can burp as it ferments. It helps to put the crock/jar on a plate or in a bowl in case it overflows.
- Store the crock in a cool dark area, away from direct sunlight. Label it with the date that you made it and wait 10 to 24 days. Then enjoy!

## INGREDIENTS

- 2 cabbages (approx. 3.5 pounds per head)
  - Kosher salt (sea salt or canning salt work well too)
  - Plastic or glass bowl
  - Caraway seeds or anise seeds
  - Clean crock or mason jar
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# kombucha



RECIPE PREPARED BY CHELSEA WETTROTH | MAKES 1 GALLON

## INGREDIENTS

- 3 quarts - 1 gallon of filtered water
- Black or Green tea (7 tea bag or 1/2 cup of loose leaf tea)
- 1 cup sugar (ideal raw, organic cane)
- 1.5 cups Kombucha starter liquid (reserved from other batches or store bought, preferably raw and unflavored)
- SCOBY culture, the "mother"



## DIRECTIONS

1. Wash and sanitize all materials. Use stainless steel for brewing tea, a wooden utensil for stirring, and glass for fermenting. Never put the mother in contact with metal! It is considered toxic and will ruin the cultures. Stainless steel is ok.
2. Brew tea normally. You will need to cool the tea before making the kombucha. To save time, I brew half the water needed for the batch and reserve the rest to help cool tea.
3. Steep tea covered for 15-20 min and remove bags or strain loose leaves.
4. Stir in sugar until dissolved.
5. Add the rest of your water to cool tea or let it cool if you brewed with all the water. Wait until it's completely cooled to room temperature. Never put mother or starter liquid in hot tea!
6. Once the batch is cooled, add starter liquid and stir well.
7. Transfer tea mixture into your fermentation vessel. Glass is ideal for this, with a large opening (equal to the entire container). Surface ratio is important for the mother to grow and cover tea. It will also allow you to pull the mother out once you're done brewing. Ceramic, like crocks can be used but be cautious of potential lead in paint. Stainless steel can be used as well but make sure all parts are stainless and avoid any plastic from contact with tea!
8. Once the tea is in the container, place the mother (opaque side up) over the top. The mother may sink, that is ok. The mother may not cover the entire surface, that is ok too it will grow! It will also produce another culture called a "baby". This can be used as a second batch your next go round!
9. Cover your kombucha now with a breathable cloth, cotton, dish rag, scrap material. Secure with a rubber band or tie.
10. Store your mixture in a warm undisturbed location. Ideally a corner of your kitchen countertop.
11. Start a kombucha log. Record the date you started your brew and anything extra about the process that you may want to remember. The process of fermentation will take on average 2 weeks. However, you should check and taste the kombucha every week. (I say day 7 and day 14). Day 7 typically yields a sweet watery flavor. By day 14, you should start to taste a zingy kick. You can let it go a little longer (a few days to another week) after 2 weeks but it will start to become vinegary so monitor closely.
12. Once it tastes good, it's time to either bottle or add flavor! Pull the mother out and place in a reserved container to the side. Be sure to add some liquid from your batch to keep it from drying up. You will use it as your starter liquid for the next batch. (I say at least 2 cups).
13. Now you have kombucha! What next? So, you can bottle the kombucha and place it in the fridge to chill and enjoy when you like or you can flavor it and add fizz. If you don't wish to flavor then just place the kombucha in a mason jar or grolsch style flip top bottle in the fridge and Enjoy!

Want to flavor your kombucha? Check the back for instructions on how to do it!

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## FLAVORING

1. Flavoring is considered the 2nd fermentation (secondary). Fermenting the kombucha for a few days longer at room temperature with juice and/or fruit and the sugars help add fizz and flavor. Alcohol can increase, but in my experience I have not seen a significant amount added after this process.
2. Use a large container to put your kombucha plus flavoring in for this step. (Surface area does not matter as it did in the primary fermentation). In the first fermentation, the kombucha was covered with a breathable cloth, this is called an Aerobic fermentation. Now you'll be doing an Anaerobic "without oxygen" fermentation, which means you will need to seal the container so no air can get in.
3. I generally use a 1/3 ratio of juice/flavoring, but it depends on your taste preferences. Obtain your desired ingredients and add them to the jar. I like to juice what I use so it's liquid, but you can throw whole pieces of fruit or herbs in. However, be aware that anything that is floating above the surface of the kombucha and exposed to air will likely mold. To avoid this you can obtain an airlock from a home brew store (Gavora's). Airlocks are easy to use and will allow built up gasses to escape but no new oxygen to come in. They are really handy for this step. You will need to buy a cork as well for it and possibly drill a hole in the lid you are using. If you do not have an airlock you can also just cap the kombucha and keep an eye on it.
4. Once the jar is sealed, leave it out at room temperature for about 3-7 days. ( I typically do 5 days). If you don't use an airlock, "burping" it daily will prevent it from exploding. Remember gasses will build up under pressure, so opening the lid or just slightly twisting it off you will hear the kombucha hiss a little like a soda. Bubbles will also indicate carbonation, which is good!
5. Once you reach the ideal flavor it's now time to strain and bottle. You may have a new culture form or stringy like materials floating, this is ok. Remember you made a living raw product so it is continuing to grow some of that culture. Strain out the extra pulp and bottle just as you would in step 12. You need to refrigerate your product now or it will continue to ferment at a quicker rate.

## HELPFUL TIPS

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- Storing kombucha in the fridge does not stop fermentation but does slow it down. You should drink your batches within a month or so.
- It is ideal to store mothers at room temperature but if you need a break, you can put them in the fridge to hold them in dormancy.
- Keep mothers healthy by keeping in liquid always
- Never put in contact with metal!
- Never put in contact with hot liquid!

## INTERIOR ALASKA FLAVOR SUGGESTIONS

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- Try using Fireweed Tea from Tundra Tonics instead of regular black or green tea.
  - Use the berries you pick every summer! Wild blueberries and raspberries would make a great tasting addition to any brew.
  - Have bees? Use local honey in a second ferment to add flavor. Avoid using honey instead of sugar in the first ferment, it has a lower sugar content so it will take longer.
  - Use the bounty from your summer garden. Herbs like mint or basil would be great! You can even experiment with some veggies. Make sure anything you have has a high sugar content (if not add sugar with it).
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