

## **KITCHEN GARDENING - HANDS ON: Live longer by taking back your gut – LIVE CULTURE FOODS**

### **Kombucha Tea**

Tea – made from sweet tea . Mushroom looking growth on top. Five to ten days fermenting time.

Full of probiotics, live active enzymes, polyphenols (fights free radicals), gluconic acid (a powerful detoxifier), and many other nutritional compounds created. Makes body alkaline by increasing stomach acid naturally.

#### **Ingredients:**

Approx 1/3 cup sugar per litre boiled water and 2 to 3 tea bags

#### **Process:**

IN SHORT: Bring 8 cups (3 quarts ≈3 litres) of water to a boil, remove from heat, add approx 1 cup of sugar and steep with 5-8 bags of organic black or 9 bags green tea.

Boil water, add tea bags and stir to dissolve sugar. Let cool to room temp and remove bags. Add to “mother” with one cup of previous kombucha tea as starter. Cover with clean paper coffee filter held by elastic band to allow breathing. Taste to test- not too sweet, not too vinegary. Not necessary to refrigerate after decanting. It will get gradually more vinegary and a mucus like SCOBY (Symbiotic Colony Of Bacteria & Yeast) may form on top if kept warm for a long time. Consider this a caffeinated beverage – not a sleepy time drink.

#### **Care Notes:**

Use safe glass – non leaded. Use organic ingredients. Cane sugar is less likely to be GMOed as sugar beet. Keep out of direct sunlight or cold, and away from direct contact EMF (heating pad, mat, panel or light bulb). Kitchen counters or cupboards are great. Bugs will want to get in. Black tea is fermented green tea and will taste stronger. Use caution on flavoured (Earl Grey etc). Google or visit website for details. [www.kitchengardening.ca](http://www.kitchengardening.ca)

### **Water Kefir**

Cider like beverage – made from water and sugar. Kefir “grains” on bottom of jar. Four to six days fermenting time.

Full of probiotics, live active enzymes, polyphenols, natural lactic and acetic acid makes body alkaline.

#### **Ingredients:**

Approx 1/4 cup sugar per litre boiled water. About 1/4 tsp molasses and about 6 non sulphite raisins.

#### **Process:**

IN SHORT: Mix a big ¼ cup sugar into 2 cups boiling water then add another 4 cups cold water to cool. Add molasses and raisins. Add to strained Kefir grains. Dried fruit or flavoured tea bags can be added to collected ripe juice for secondary “fermentation”.

#### **Care Notes:**

Only use glass containers. Use plastic strainer for staining grains and plastic spatula for mixing sugar or moving grains. The longer you wait before harvesting, the more like vinegar it will get. Fabulous salad dressing!

### **Sprouts**

Complete super alkaline food. Micro nutrients/proteins/vitamins and 100 times more enzymes than uncooked veggies.

#### **Ingredients:**

Approximately 10 grams (2 Tbsp) mixed small seeds –Alfalfa, radish, fenugreek, mung- per 8 inch round stacking sprouting tray (≈\$ 0.40 per tray).

Approximately 70 grams (1/2 cup) mung bean larger seeds to completely fill 10 inch square dish. (≈\$ 0.50 per dish)

#### **Process:**

IN SHORT: Rinse no less than twice a day -think of little babies needing diaper changes often.

#### **Care Notes:**

Clean containers thoroughly between uses.

### **Fermented Veggies -** beneficial gut microbes

Ingredients: cukes, watermelon radish, green & red cabbage, carrot, onion, garlic, cilantro, dill, celery and 3 tsp salt.

#### **Process:**

IN SHORT: shred veggies, pound until air out and juicy, fill jars pressing veggies below juice with cabbage “lid”. About 1 week to start fermenting. Leave a few inches for fermentation fluids/expansion at top of jars-plan for overflow. Stinky.