

GINGER BUG

Ingredients:

3 cups Clean Water

3 Tbs Sugar

3 Tbs Freshly Grated Giner w/skin on

To Make:

-Pour water into a mason jar.

-Add in sugar and stir to dissolve.

-Cover with a cheesecloth and secure with a rubberband, store in a warm, dark space (such as a kitchen cabinet).

-Stir twice a day with a wooden spoon or skewer.

-After 3-7 days it should start to bubble. Once it starts bubbling, feed it 1Tbs sugar and 1Tbs Freshly grated ginger every day.

--Once it is really bubbly, you're ready to make a Ginger Bug Soda or fresh Ginger Ale!

GINGER BUG SODA

Ingredients:

1/4 cup Active Ginger Bug (strained)

3-6 Tbs Sugar

3-5 cups of Juice, Tea, etc to flavor your soda

To Make:

-Mix all ingredients in a large mason jar and stir well to dissolve the sugar.

-Cover with a cloth and secure with a rubberband

-Place in the cabinet and allow to ferment until bubbly, stirring it once a day.

-Once the soda is really bubbly, pour it into a jar with a swing top to allow it to become really carbonated. *Burp the bottle everyday to release built up Co2 (which prevents exploding).

-Ferment in the cupboard this way for 1-3 days then store in the fridge and drink up within 4 weeks.

