

Fact Sheet: How to Make Water Kefir

First Fermentation

Put 1/4 cup of hydrated water kefir grains in a cotton muslin bag. Over heat, dissolve 3/4 cup of unrefined sugar (Rapadura or Sucanat, or lightly refined evaporated cane juice) in about 1 cup of mineral-rich well or spring water. Cool it down by adding 1/2 gallon of cold water. Pour into a gallon size glass jar. Add additional cold water to fill jar to 3/4 full.



Add bag of water kefir grains to the jar, along with a (rinsed) half pastured egg shell. Cover with a paper towel or cloth napkin and secure with rubber band.

Let water kefir “brew” away from other cultures, and at room temperature (between 65 and 85 degrees Fahrenheit), for 1 to 3 days, or even up to 4 or 5 days if temperatures are cool. Stop the fermentation when you’re happy with the amount of remaining sweetness. There may or may not be bubbles. Pull out the bag(s) of water kefir grains. If they’ve multiplied, remove all but 1/4 cup. Use these to start another batch, or store it in the fridge or freezer. Store, use, or share the excess grains. Retrieve the egg shell(s) with a wooden spoon.

Proceed with the second fermentation or make a basic cream soda: strain the water kefir; add 3 tablespoons of vanilla extract. Store in the refrigerator or leave out at room temperature (in Grolsch-type bottles) to encourage carbonation.

Second Fermentation

To the gallon jar, add another half (rinsed) pastured egg shell. Add additional flavor options (below), except add vanilla at the end of the second fermentation. If using fresh fruit pieces for the second fermentation, they should be changed daily during the fermentation period

Flavor Ideas: (Also check out [flavor ideas](#) from Cultures for Health.)

- ▶ 1/2 cup raisins plus 1-1/2 tablespoons of vanilla
- ▶ 1/2 cup chopped, pitted dates plus 1-1/2 tablespoons of vanilla
- ▶ 1/2 cup dried fig pieces plus 1-1/2 tablespoons of vanilla
- ▶ 2 to 4 tablespoons grated fresh ginger, plus 1/4 cup lemon juice, plus a splash of vanilla
- ▶ several dried peach slices, plus splash of vanilla
- ▶ other fresh or dried fruit

Cover the jar(s) with plastic wrap and secure with a jar lid. Allow to sit at room temperature for 1 to 3 days. Use caution when opening, as carbonation builds up during this stage. There may or may not be bubbles. When happy with flavor and remaining sweetness, retrieve the egg shell and strain the water kefir into as clean jar(s) or Grolsch-style bottles. Store in the refrigerator or in cool storage. Enjoy!

© Copyright 2010 by Wardeh Harmon. All rights reserved. No part of this publication may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without express written, dated, and signed permission from the author.