

THE GINGER BEER

Ginger beer is a non alcoholic fizzy drink. If made through fermentation it's full of probiotics!

1-2 fresh organic ginger roots
1 lemon
1 cup of white sugar
Filtered water
1 flip top bottle

Brew a batch of ginger tea with some new ginger. You can brew it as strong as you like.

Boil a little less than the amount of water that fits in your bottle. This because the ginger bug needs to fit in as well!

Add the ginger and the sugar and let it boil for about 15 minutes until it becomes a tea. Take it off the heat and let it cool down.

After it's cooled down you can strain it off and put it in the bottle, add the juice of one lemon.

Of course, don't forget to add about a quarter of the ginger bug!

Close the bottle (the drink shouldn't be coming to the top of the bottle, but should also not have too much air inside.) Let this sit for about 7 to 10 days on room temperature. Make sure you open the lid every night so that the produced air can release and the bottle doesn't explode. When the beer is ready with enough gas inside, put it in the fridge!

Add some water, sugar and minced ginger to your bug and split it in half. Ready to give away to a friend! Give it away to someone who likes to take care of their food and give it as a special gift, a gift that has caught your environment in a jar and will now take it from the air of your friend's house. Ready to have drinks together?

RECIPES TO CREATE THE NETWORK

A successful brewer is an artist one who reorders the chaos of water, sugar, plants, and airborne yeasts, and transforms them into a product that brings humans together.

THE GINGER BUG

A ginger bug is the start of many natural fermented beverages. The mixture of sugar, ginger, and water captures wild yeasts and beneficial bacteria, which can then be used to add a probiotic boost (and fizz) to herbal sodas like ginger beer, and fruit sodas like blueberry or raspberry.

1-2 fresh organic ginger roots
½ cup white sugar
2 cups filtered water

Cut or grind the ginger roots small, leave the peel on. It is full of yeast and micro-bacteria to grow the culture.

Put this all together in a jar, stick the sticker on and write today's date on it.

Stir the mixture and cover the jar with the textile and elastic band. In this way oxygen can enter so that the bacteria and yeast can survive but dirt won't be able to enter.

For about 3 to 5 days you are going to feed your ginger bug and so the micro-bacteria and yeast culture. Give it every morning a tea spoon of ginger and sugar. The yeast will use it to feed itself and will generate carbon dioxide.

After a few days, it will begin to bubble. Congratulations! Your ginger bug is born.

The ginger has been colonised by beneficial bacteria and yeasts, and is ready to get to work for you. Keep feeding it until you are able to make your ginger beer, to keep it active and lively.