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Ingredients:the outer husk and core of one pineapple (the part you can't eat) (I highly recommend this

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tool !)one cup of sugar, ideally piloncillo/panela/jaggery/rapadura/raw sugar/brown sugarmixed spices: "pickling spices" will do nicely; make sure they contain no preservativesfiltered water
Equipment:2-quart mason jar, with metal ringunbleached basket-type coffee filter, or unbleached paper towel, or clean cloth towel Procedure: In a 2-quart mason jar, dissolve the sugar in a pint of warm ...

~~Kombucha, Kefir, And Beyond~~

Kombucha, Kefir, and Beyond is packed with innovative drink recipes, from healthy homemade sodas to traditional kvass and cider, that you can make in your home kitchen and enjoy all year long! Inside, you'll learn: Why to ferment your drinks; The history of fermentation and the value of traditional foods; The benefits of fermented drinks to your health

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August 13, 2018 ·. Our speaker series covers everything from brewing, entrepreneurship and social justice through fermentation! At 3pm at the Boston Fermentation Festival Speaker ... Series, we'll be having a talk called 'Mashing the Patriarchy: Women who Ferment Beer!'

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Kombucha Kefir And Beyond We don't need to speak regarding the benefits of consuming kefir within this article simply because most of the individuals are currently aware of them. Folks can use goat milk, sheep milk and also rice to be able to prepare this delicious drink called kefir.

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Kombucha Kefir We do not have to speak regarding the benefits of consuming kefir within this post since the majority of the people are already aware of them. Kefir is actually a well-liked sort of meals in all corners of the world and it may be created from numerous kinds of milk and even from rice.

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