

## **Water Kefir Starter Instructions**

### **You will need:**

one quart canning jar or other glass jar  
coffee filter or paper towel to cover jar, and elastic band to secure cover  
fine mesh plastic strainer (no metal)  
wooden or plastic spoon  
1/4 cup sugar (rapadura, evaporated cane sugar, or a blend of the two work best)  
3 cups water (non-chlorinated & non-fluoridated is best)  
Water Kefir grains

### **Directions:**

- 1) Heat one cup of the water. Put it in the jar and stir in the sugar until thoroughly dissolved. Add the rest of the water and stir again.
- 2) Add the Water Kefir grains to the sugar water. Cover & secure with elastic band. Allow to culture at room temp (68 to 78 degrees is ideal). Choose a draft-free spot, away from direct sunlight, where the jar won't be disturbed. Dehydrated grains will take 3 to 5 days to rehydrate, live grains will be ready in 2 days.
- 3) When the dehydrated grains are plump & translucent, they are ready to make Water Kefir. Strain the grains from the liquid, using a plastic strainer. The first batch may have an off flavor when rehydrating- if so, it can be discarded.
- 4) For your next batch of Water Kefir, put the grains into fresh sugar water, following the same instructions. Let culture for 2 days. Longer culture times make a more sour product, shorter times make a sweeter product. As your grains increase in volume, you can move up to a larger container. Just use the same ratios: 1/4 c. sugar per quart. The more grains in the jar, the faster it will ferment.

There are many ways to flavor and use your Water Kefir. Check out our instructions for a Second Fermentation.

Now it's time to **Get Fermented!**