

Ginger Bug

A ginger bug is a culture of beneficial bacteria made from fresh ginger root, sugar and water. It is similar to a sourdough starter for bread or a kombucha SCOBY. The ginger imparts its flavor as it naturally ferments and creates a mixture of beneficial bacteria. It is alive and needs to be fed regularly. Use it to make delicious probiotic soda!

Ingredients:

3 Tablespoons fresh grated organic ginger (skin included)
2 Tablespoons sugar or honey
2 cups distilled, filtered or well water

Instructions:

In a large glass jar, place all ingredients and stir. Cover loosely (I use a coffee filter or cheesecloth rubber banded to the top of the jar). Allow it to ferment in a warm spot in your kitchen.

Every day for about 5 days, mix in an additional 2 T. of grated ginger, 1 T. of sugar or honey and 2 T. of water into your jar. The ginger will begin to foam and bubble at the top and will take on a yeasty fragrance.



←
**Once it begins to ferment
it will look like this**

After about 5 days, it is ready to use. Store it in the refrigerator and feed it once a week (2 T. ginger, 1 T. sugar or honey and 2 T. water) for the first few months. Once it becomes very vigorous, you can feed it every few months and it will stay alive!