

kefir garden 

Water Kefir

Quick Start Guide



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Which water should I use?

Mineral content in water is vitally important for the health of your water kefir grains. You can use bottled spring water, well water, and different water filtration systems. Minerals should be re-added where they were removed. Your water should not contain chemicals that will kill your kefir grains. Chemicals like chlorine and chloramines are very harmful.



How much water kefir grains, sugar, and water should I use?

1/4 cup of kefir grains

1/4 cup of sugar*

3 1/2 cups of water

*You can use brown or blonde sugar.

We suggest organic varieties.



Temperature and Time for your Jar

Temp		Fermentation Rate
29°C +	85°F +	1 day
26-29°	84-79°	1 day
24-25°	78-76°	1-3 days
21-24°	75-70°	3 days
18-21°	70-65°	3-4 days
<18°C	<64°	5-7+ days

Directions

1. Dissolve your sugar into the appropriate amount of water. You can do this by stirring. You may also do this by heating the water and melting the sugar until no granules are left. Just make sure your water cools before you start the next step. You don't want to kill your grains from heat!
2. Use an appropriate sized jar and add your kefir grains to it with your cooled water.
3. Cover your jar with a coffee filter or cloth to prevent fruit flies from sampling your kefir. 😊
4. Let it sit for the suggested hours at your desired location to keep the temperature stable. (Keep away from direct heat sources.)

After the proper time passes, gently strain the kefir through a strainer (nylon is fine), to reserve the kefir grains for further batches.

How do I know my water kefir is done?

When you first dissolve your sugar in water, taste it by taking a little on a spoon from your jar. Remember this sweetness level as it will be what you compare your future tastings against. When your water kefir is done it should barely be sweet.

If you have any questions contact us!

kefirgarden.com/contact

 Now, the fun begins! 

Once your kefir is finished, it is time to do a second fermentation!



A second fermentation is when you take your finished kefir (without your water kefir grains) and add fruits and different juice combinations. This allows you to make a probiotic soda that is bubbly, slightly tart and tasty!

You will need a swing top bottle to contain the considerable pressure build-up from carbon dioxide being released by the bacteria fermenting the sugars.

Place your fruit and/or juice inside the swing top bottle. Close the lid and let it sit at room temperature for another day or two. Your water kefir will be finished.

When adding fresh fruit, add at least 1/2 cup to get enough flavor. For fruit juices, add at least 1/4 cup. For extracts, try using 1/2 tablespoon per liter/quart.

Try some of these in combination below! You can use their juices, fresh fruit, or extracts.



apricots



vanilla



apples



strawberries



blueberries



lemons



cherries



mangos



pineapples



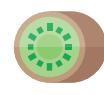
ginger



cranberries



coconuts



kiwis



spices

Be careful when opening your swing top bottle. Do not point the top towards you or others as there might be an eruption from the carbonation. To decrease this chance, place your bottle in the fridge for an hour to decrease the pressure.

Happy Kefir Making!