



GINGER BUG

INGREDIENTS:

- 1 CUP FILTERED OR NON-CHLORINATED WATER
- 1 INCH/10 GRAMS FRESH, GRATED UNPEELED ORGANIC GINGER
- 2 TBSP SUGAR (ORGANIC CANE SUGAR WORKS BEST)

INSTRUCTIONS:

- COMBINE THE GRATED GINGER, WATER AND SUGAR IN A JAR
- COVER WITH CLOTH TO ALLOW FREE CIRCULATION OF AIR WHILE KEEPING FLIES OUT.
- FERMENT IN A WARM SPOT, NOT TO EXCEED 90 DEGREES.
- STIR ONCE OR TWICE A DAY UNTIL THE BUG GETS BUBBLY, ABOUT 2-4 DAYS.
- ADD AN INCH OF GRATED GINGER AND ANOTHER TABLESPOON OF SUGAR EVERY DAY OR TWO UNTIL READY TO USE.
- YOUR BUG IS READY WHEN IT IS ACTIVELY BUBBLING, CLOUDY, SMELLS YEASTY, AND FIZZES WHEN STIRRED.