

Ginger bug

From a single litre of ginger bug starter, you can make 15 litres of soda in one shot! Make soda by using 1/4 cup ginger bug starter to 1 litre sweetened liquid.

Equipment:

- 1 Litre Mason Jar
- Spoon (see below about metal or not)
- Ingredients:
- Fresh ginger root, organic if possible
- Sugar, white or raw

Chop or grate your ginger enough for 2-3 tablespoons worth on the first day and put it into the jar. Scoop the same amount of sugar and add that to the jar. Always a 1:1 ratio.

Add 2 cups of non-chlorinated water and stir to dissolve the sugar. Cover with a cloth and rubber band or a loose lid and let sit for a day.

Next day add 1 tablespoon of ginger and 1 tablespoon of sugar and stir to dissolve.

Every day after, continue adding 1 tablespoon of ginger and 1 tablespoon of sugar and stir. Depending on the room temperature, it might take up to about a week to see results.

You'll know when it's ready when you start seeing a lot of bubbles forming on the top. It will smell pleasantly yeasty, and you'll hear a bit of a fizz when you stir it. Ours is typically ready in about 5 days, but after a little over a week if you're not seeing results, throw it out and start over.

Once it's ready, you can keep it at room temperature, but you'll have to feed it 1 teaspoon of ginger and sugar per day. I like moving it to the refrigerator so that you only need to feed it once a week.