










Master Food Preservers of Humboldt and Del Norte Counties

Water for Fermenting

	Clean and fresh with no chlorine, chloramines or fluoride.
	Soft water = low mineral content. Hard water = heavy mineral content
	Pickles: blend of hard and soft water. Kombucha: water lower in minerals is best. Kefir: water higher in minerals is best.
	Tap water usually contains chlorine or chloramines and may contain fluoride. Well and Spring water are typically higher in minerals. Distilled water has been purified and contains no minerals or chemicals. Bottled water may be spring/river/stream water or municipal tap. Check label.
	To remove chlorine, use a filter; boil for 20 minutes and allow to cool; or let sit for 24 hours. NOTE: once chlorine is removed, refrigerate water to limit bacterial growth.
	To soften hard water, boil for 15 minutes; let sit, covered, for 24 hours; skim off any scum then pour carefully so as not to disturb sediment on bottom container.
	Boiling and charcoal-based filters will not remove fluoride (any probably not chloramines). Check filter manufacturer for specifications.



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Fermenting Resources

Collard Kraut

Clemson Univ. Cooperative Ext. *Dill Pickles & Sauerkraut #HGIC 3380* (recipe)

http://www.clemson.edu/extension/hgic/food/food_safety/preservation/hgic3380.html

Kimchi

Colorado State Univ. Extension *Understanding and making Kimchi* (basic info and recipe)

<http://farmtotable.colostate.edu/prepare-ferment/kimchi.php#.WHPfinLHeUk>

Kombucha

Colorado State Univ. Extension *Understanding and Making Kombucha* (basic info and recipe)

<http://farmtotable.colostate.edu/prepare-ferment/kombucha.php#.WPOZV3LHeUn>

Kefir

NCHFP *Fermented Foods: Kefir* (basic info)

<http://nchfp.uga.edu/publications/nchfp/factsheets/kefir.html>

Dom's *How to Make Kefir website* (basic info, how-tops, etc. for both milk and water kefir)

<http://users.chariot.net.au/~dna/Makekefir.html>

UC ANR Food & Nutrition website *Is Kefir Yogurt Better than Regular Yogurt?*

http://efnep.ucanr.edu/Nutrition_Questions/?uid=37&ds=775

Yogurt & Yogurt Cheese

Univ. Alaska Fairbanks *Making Yogurt at Home* (basic info, recipes and incubator ideas)

<https://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00062.pdf>

New Mexico State Coop. Ext. *Homemade yogurt* (info on how to freeze yogurt starter)

<http://aces.nmsu.edu/county/bernalillo/foodhealth/documents/homemade-yogurt-faq.pdf>

Univ. of Missouri Extension *Making Yogurt at Home* (more incubator ideas)

<http://extension.missouri.edu/p/GH1183>



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Fermenting Resources

Fresh Cheese

Pacific Northwest Extension *Fresh Cheese Made Safely #PNW539* (queso fresco recipe)

<https://pubs.wsu.edu/ItemDetail.aspx?ProductID=14946&SeriesCode=&CategoryID=236&Keyword=>

New Mexico State Univ. Ext. *Making Homemade Cheese Guide E-216* (info and recipes)

http://aces.nmsu.edu/pubs/_e/E216

Washington State Univ. *The Abuela Project* (community intervention project re queso fresco)

[https://www.fsis.usda.gov/wps/wcm/connect/192b02db-e968-4852-8cf5-5c1133ddf37d/vhillers\)77.pdf?MOD=AJPERES](https://www.fsis.usda.gov/wps/wcm/connect/192b02db-e968-4852-8cf5-5c1133ddf37d/vhillers)77.pdf?MOD=AJPERES)

Oregon State Univ. Extension *Home Pasteurization of Raw Milk SP 50-932* (how-to-info)

http://extension.oregonstate.edu/lane/sites/default/files/documents/sp_50_932_homepasteurizationofrawmilk.pdf

Sourdough (and No-Rise, No-Knead Bread Warnings)

Colorado State Univ. Extension *Sourdough Starter Best Practices* (basic info on starters)

<http://farmtotable.colostate.edu/prepare-ferment/sourdough.php#.WPPv23LHeun>

North Carolina State Univ. Ext. *Enjoy Sourdough Breads-Safely!* (starter recipe)

<https://cleveland.ces.ncsu.edu/2008/04/enjoy-sourdough-breads-safely>

Univ. Wisconsin Extension *Take Care when Sharing Friendship Bread* (info on no-knead bread)

http://fyi.uwex.edu/safepreserving/files/2014/06/Friendship_Bread.pdf

Serious Eats: *The Food Lab: The Science of No-Knead Bread* (how it works and how to make)

<http://www.serious-eats.com/2011/06/the-food-lab-the-science-of-no-knead-dough.html>

Online Resources for How-To's , Starter Cultures, etc.

Kombucha Kamp (SCOBYs and equipment plus recipes, videos, information and recipes)

<https://www.kombuchakamp.com>

Cultures for Health (start cultures plus recipes, videos, how make yogurt in a crockpot and how to make coconut and kefir yogurt) also available on Amazon.com

http://www.culturesforhealth.com/catalogsearch/result/index/?index=external_wordpress_post&q=yogurt

New England Cheesemaking Supply (starter cultures, supplies and equipment)

<http://www.cheesemaking.com>

King Arthur Flour (lots of info on bread, including refrigerating and freezing dough)

<http://search.kingarthurflour.com/search?p=Q&view=grid&deftab=blogs&w=no+knead+bread>



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Fermenting Resources

Online Resources for Pairing Flavors

Adventures in Spice Flavor Map

<http://adventuresinspice.com/flavormap/flavormap.html>

Bake It Right Flavor Charts

<https://bakeitright.com/flavor-charts>

Karen Page blog Flavor Pairings and Affinities

<http://www.karenandandrew.com/food-drink/flavor-pairings-affinities>

Basic Reference Books and Website

Fermented Vegetables by Kirsten K. Schockey and Christopher Schockey

Mastering Fermentation by Mary Karlin

The Art of Fermentation by Sandor Ellix Katz

The Big Book of Kombucha by Hannah Crum and Alex LaGory

National Center for Home Food Preservation website: <https://nchfp.uga.edu/>

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