



The Bounty of Healthy Kefir can be Yours!

Why make kefir at home?

Kefir is a diverse and powerful probiotic. The kefir you buy in the store is not as healthy as homemade. As well, you can save a lot of money by making your own kefir.

The best kefir is created by live grains called "kefira." Kefira are a symbiotic growth of bacteria and yeast. They are believed to have originated near the Caucasus mountains. To make kefir, you place the kefira in whole milk. They consume the lactose in the milk, culture it, and create your liquid milk kefir probiotic.

How do I begin?

The first step to getting started is to get your kefira. There are

HOW TO Highlights:

- Have the proper equipment ready before buying your kefir grains
- There are many ways to get your kefira
- Place your kefira in fresh milk and in two days' time you will have kefir
- Try to always have whole milk on hand to feed your kefira

a number of ways to do this. Your local health food store may sell them. You could post online that you are looking for some. Someone whose kefira are reproducing may be willing to help you. You can order them online. Your supplier will give you any instructions you need to activate your kefira.

The second step is to ensure that you have the proper equipment at home for their arrival. Metal can harm the kefira. The most important item you need is a plastic colander with holes that are not too big. You will use this to separate the kefir you make from the kefir grains.

After you separate the grains, you will need to place them in more fresh milk. I keep a number of wide mouth quart mason jars on hand. I make sure

to always have fresh whole milk on hand for them.

Frequently Asked Questions about Kefira:

Q= Does it take a lot of time?

A= Not a lot. I generally spend about 15 minutes every two days switching batches. I check their progress briefly every day.

Q= How do I know if they're healthy?

A= Normally, your kefira will make a quart batch every one to two days. If production is normal, then they are likely healthy.

Q=What if I miss a feeding?

A= While a regular feeding schedule is best, kefira can survive the occasional late feed.

Q=How long do they live?

A= Fed well, they live forever!



My own kefira in my plastic colander



Fresh homemade kefir is like tangy liquid yoghurt



My own equipment. I keep the grains away from metal

Now that you know....what's next?

-Check out local thrift shops for your equipment.

- We talk about making kefir on my Half-Acre Homestead FaceBook page. Come on by!

-My Introductory Self-Sufficiency Course (Feb 2022) covers useful skills with kefir

and kefira in the modules on food production and preventative health

In the course, I cover:

-fun ways to integrate kefir into your diet

-using your kefir to make deli-

cious soft cheese

-using your kefir to make tangy hard cheese

-kefir as a substitute for buttermilk

-troubleshooting common issues with kefira