



All They Really Need: Trusting the Wisdom of Nature to Raise Resilient Kids

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## HOMEMADE YOGURT AND KOMBUCHA

### Yogurt

As an abundant source of calcium, protein, and beneficial bacteria, homemade yogurt (which is not pasteurized after fermentation like commercial products) can be enjoyed without the disposable plastic containers. Try the process with goat, coconut, or almond milk if cow's dairy is avoided:

1. Heat 6 1/3 cups of milk (ideally organic whole milk) to just below the boiling point (80-90°C); stir continuously to avoid scorching the bottom layer of milk.
2. Remove from heat and let cool to a temperature that is just tolerable to the touch (50°C).
3. Whisk in ¼ cup of a “starter” culture (this could be a plain yogurt purchased at a store or some from a previous batch).
4. Pour inoculated milk into one large and one small (1/4 cup) glass container with an airtight lid.
5. Wrap containers in a thick towel or blanket and place in a warm environment overnight. Note: There are various methods to do this; we suggest a pre-heated then turned-off oven. Alternatively, some slow cookers and pressure cookers have a setting for this purpose.
6. After approximately 8 to 12 hours, the yogurt will have thickened.
7. Save the small container with the lid on to be used as the next starter. After several batches, it may be necessary to begin again with a fresh starter.



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### Kombucha

1. Make 4 cups of any tea and add 1/4 cup sweetener (honey is ideal). Try different varieties - ginger and lemon, rooibos, green or black, rosehips - each will give the final product a different flavour.
2. Once the tea is cool, pour it into a mason jar and add a SCOBY (symbiotic culture of bacteria and yeast) with a bit of kombucha. Note: Many commercial bottles of kombucha will indicate if they contain a “mother;” you can try starting your batch with this, or seek from a neighbour.
3. Cover the jar with a cloth secured with an elastic band.
4. Have a sip after about three-five days; it should have a bit of an acidic taste and maybe a bit of sweetness left. You will see a growing mass on the surface - this is your growing SCOBY.
5. Pour most of the contents through a strainer into a seal-able bottle (preserve about 1/4 cup and the SCOBY for the next batch - start again with step 1). You can close it up as-is, or add a splash of juice, or spices (lots of suggestions online). Let this sit 3-5 days as well, but “burp” the bottle twice a day by cracking and then resealing the lid.
6. Have a taste every couple of days until you are happy with the flavour and fizz.
7. Put your completed kombucha in the fridge and enjoy! Once you get into the habit, you can have batches at various stages at any given time.
8. Your SCOBY will grow with each batch. You can peel the layers apart and give to others or compost them. If you need a break, keep your SCOBY in the fridge in some kombucha.