

ROOTS FOOD

Discover the 5 basic recipes of Vital roots

The Vital Roots Basic Bundle: 5 Paths to Liquid Vitality

Welcome to the foundation of **Vital Roots**. This bundle brings together the five essential basic recipes that form the core of our brewery. From the deep, complex acidity of the tea ferments to the fast, tropical fizz of wild fermentation; With this collection you bring the full breadth of the probiotic world into your home.

What will you find in this collection?

In this guide, we present the five pillars of our fluid vitality:

- **Kombucha:** The powerful classic based on tea and the iconic SCOBY.
- **Water kefir:** The ideal, quick starter for those who want immediate results and fresh bubbles.
- **Ginger Bug:** The living engine; a wild starter that makes every drink fizz.
- **Tepache:** The Mexican 'Zero Waste' pineapple-based champion.
- **Jun:** The elegant 'champagne' variety, brewed with green tea and honey.

Why these 5 basic recipes?

At RootsFood, we believe that a healthy microbiome starts with variety. Each of these drinks brings a unique profile of good bacteria and yeasts. By mastering these five techniques, you will not only learn how to make flavors your own, but you will also understand the rhythm of nature.

At the same time, safety is key. With each recipe, you'll find the right proportions and crucial steps to brew with confidence and hygiene. In this way, together we ensure that every batch you make is of the highest quality.

Start your brewing journey

Are you ready to fill your swing-top bottles with drinks that are really alive? Use this bundle as your compass. Follow the steps, trust your senses and experience how the magic of fermentation transforms your kitchen into a source of vitality.

Cheers to your inner balance!

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Kombucha

Description: A centuries-old fermented tea based on a SCOBY. Rich in probiotics and organic acids.

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- **Ingredients:**

- 1L water, 6-8g black/green tea,
- 75-100g sugar,
- 1 SCOBY,
- 150-250ml starter fluid.

Preparation: Dissolve sugar in hot tea, let cool completely. Add the SCOBY and starter fluid. Cover with a cloth and leave to ferment at room temperature for 7-14 days.



Water kefir

Description: A quick, fresh probiotic lemonade based on crystalline kefir grains.

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- **Ingredients:**

- 1L water, 40-50g suiker,
- 50g water kefir grains, slice of lemon,
- handje gedroogd fruit

Preparation: Dissolve sugar in water and let cool. Add grains, lemon and fruit. Leave to ferment covered for 24-48 hours. Strain out the kernels for the next batch.



Gemberbug

Description: A wild starter culture of ginger and sugar, the natural engine for carbonation in your drinks.

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- **Ingredients:**

- 200ml water,
- 25g grated ginger (with skin),
- 35g sugar (+ daily diet of 5g ginger/sugar).

Preparation: Mix water, ginger and sugar. Add 5g of ginger and 5g of sugar every day and stir vigorously. After 3-7 days, it will start to fizz and your starter will be ready for use.



Tepache

Description: A sparkling Mexican 'Zero Waste' drink made from the skin and core of a pineapple.

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- **Ingredients:**

- 1 ripe pineapple (skin/core),
- 200g brown sugar,
- 2L of water,
- cinnamon stick and cloves.

Preparation: Mix water, sugar and spices. Add the pineapple peels and make sure they are covered. Leave to ferment covered for 1-3 days until fizzy, strain and refrigerate.



Jun

Description: The delicate variant of kombucha, made with green tea and raw honey for a silky smooth taste.

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- **Ingredients:**

- 1L of water,
- 4g green tea,
- 60ml raw honey,
- 1 Jun SCOBY,
- 120ml Jun starter fluid

Preparation: Dissolve sugar in hot tea, let cool completely. Add the SCOBY and starter fluid. Cover with a cloth and leave to ferment at room temperature for 7-14 days.



Fermit

Description: Your digital brewmaster who helps you monitor and perfect all your fermentation batches.

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- **Logbook:** Accurately record all your ingredients, pH levels, and brew notes to repeat your success.
- **Accompanying recipes:** Always access the correct proportions and steps directly within the tool.
- **Planning:** Keep a grip on your fermentation cycles and know exactly when your next batch will be ready for bottling.