

A Bit of an Update on Rehydration

Mark suggested I do rehydration tonight for my training, and we are headed into that time of year again. My thought though was that I've done it before. But I looked back, and it was August of 2023. So after reading that paper, there is some new information that I can add. One item before I said was good, but I'd never tried making at home. Well, I am now totally entrenched in it so will not totally repeat that paper but add to it. That paper I did have some recipes added if you want to look it up.

Needing to rehydrate in summer is not something new that we have discovered recently as man has been doing it for centuries. I spent a bit of time on the last paper with Shrubs and Switchels. They are wonderful drinks even if you aren't thinking of rehydration. They are fermented drinks. Shrubs generally are fermented longer as in a week or thereabouts. A Switchel will only be fermented about 24 hours or overnight. They give the body a punch of what it needs and can do amazing things for one as in a story I told in that past training. They are also yummy just for a special occasion drink.

But at that time, I did mention liking Kombucha saying that anything one has to keep alive for the long haul in the kitchen, I can generally kill pretty quick so hadn't given it a shot. After a couple classes since then making it look easy, I finally pulled the plug on it and bought a SCOBY. That is an acronym for Symbiotic Culture of Bacteria and Yeast. Sounds yummy doesn't it?

Well, I can attest that I can keep a kombucha batch alive and even do continuous brew. Mark and I seldom get to a second ferment stage with ours. The first stage is the brew of plain kombucha but then you add flavoring for a second brew that is done from one to three days depending on how you like it, and you can have a wonderful tasting drink. Alas, once Mark told me he likes just drinking the first brew, I started as well, and we don't let it get to where I have enough to do a second brew often. Also if we are both drinking it more than often, it doesn't get to brew for long and so is a bit sweeter than most consider kombucha tasting. I am considering buying a second continuous brew jar so we can make more to do a second ferment.

But before you think this takes some money let me assure it doesn't take much. You can do batches in a half gallon glass jar. As to a SCOBY they are easy to grow and if you would like to try, I can easily give you one. I can't seem to grow much but SCOBYs are loving to grow for me. They do continue to add layers over time and you will want to take it apart and clean your jar periodically and then add just one layer back in. There are things you can do with the others beyond creating a SCOBY hotel. This is where you just feed them enough in a jar to keep alive and if you need a new one or one to give away, they are ready. It does require a healthy amount of sugar and the higher the quality the better. Raw, unbleached sugar at the least.

A big difference between Kombucha and Shrubs or Switchel is the base. Shrubs and Switchel are vinegar based. Kombucha is tea based. You can get special teas for Kombucha or just buy some good quality black tea. The better quality the better the drink. I buy my tea from Farmhouse Teas who also sells special blends for second ferments as well. Then like the other drinks it does need a good bit of sugar. sugar feeds any fermentation and thus is part of fermentation, but remember the process eats the sugar so drinks will not taste so sweet when ready. Kombucha, if not fed for too long, will turn into vinegar. If this happens, it is good to use as a base for salad dressings or even cleaning around the house. Nothing ever need go to waste.

A last one to mention here is don't forget that if in a hurry and need a pick me up there is a basic mix you can do out of the cupboard at home. You will find multiple recipes for an electrolyte drink and what I have seen is that they all use the same ingredients but in different proportions. So being one that likes things broke down to simplest means, I decided the amount if each really doesn't matter. In fact, just last week Mark was working outside so I grabbed a small jar and threw in some salt, baking soda, lemon juice, honey, and filled the rest with water and set it in the fridge. when he came in he drank most all of it.

You do not need to buy the rehydration drinks in convenience stores. They will give you a bit of what you need but read the ingredient label and decide if you really want those ingredients in your body. and when you compare the price, there is no doubt what is better for you and easier on the pocketbook.