

# The Essentialist

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## Jeanette Cheney's Rejuvelac Recipe

This replaces the version on page 6 of the original file of Jeanette's recipes.

### Rejuvelac

*by Jeanette Cheney*

Rejuvelac was invented by Dr. Ann Wigmore, founder of the Hippocrates Health Institute. It is a refreshing, lightly tart and fizzy drink which furnishes vitamins, minerals, enzymes, proteins and healthful micro-organisms.

#### Ingredients:

1 cup Organic soft spring wheat berries                      filtered water

Sprouting device - use any of the following:

- 2-quart (half-gallon) wide-mouthed glass jar with clean cotton cloth or screen top
- Mesh strainer with drip bowl or pot
- Sprouting bag

- **Rinse** wheat berries in water to remove dust and debris.
- **Sprout:** Soak the grain in 3 cups filtered water for 12 - 15 hours. Drain, rinse and transfer to sprouting device. Sprout for 2 - 3 days, rinsing with filtered water twice a day. If using a jar, lay it at 45-degree angle (to drain and allow air flow).

If using a strainer, make sure the bottom does not contact the bottom of the drip container. Both devices need to be covered with a towel (germination takes place in the dark)

- **Make Rejuvelac:** In a blender, lightly pulse the sprouts and 1 quart of water to break open the wheat sprouts, Transfer the mixture plus another quart of water to the 2-quart jar, cover with clean cotton cloth and place in shade (best at 65 - 70 degrees). Allow to ferment for 24 - 48 hours.

Stir the mixture twice daily to distribute the friendly bacteria, and break down the starch into the wheat. It should smell good (bad smell is bad bacteria).

- **Enjoy:** Strain the liquid and start consuming 6 - 8 oz per day. Refrigerate the rest for up to 2 or 3 weeks. Discard if the flavor or smell is not crisp and tart.
- **Reuse:** These same wheat berries should be used a second time. Then blend or grind the spent sprouts to a paste and dehydrated into crackers or Essene bread. Or scatter them into trays as the first step in growing Wheat Grass.

## Lacto-Fermentation: Jeanette Cheney's Rejuvelac Recipe

### Notes:

- 1) This sprouting process is also used for making wheatgrass or sprouted grain bread & Cookies. (See [Sprouting & Juicing with Robben Leingang](#) for more).
- 2) All bacteria and yeasts have an optimum incubation temperature and pH. Refrigeration as well as high temperatures may encourage the growth of bad organisms. In hot weather, a little lemon juice in the water at the start of fermentation may be beneficial.

See [Lacto-Fermentation Recipes: Condiments & Beverages](#) for another version.

### For More Information

#### Related ESP printable pdf files

- [The EssentialList: Lacto-Fermented Vegetables, by Don Bates](#)  
([essentialstuff.org/wp-content/uploads/2011/07/LactoFerm-DBates\\_EsL.pdf](http://essentialstuff.org/wp-content/uploads/2011/07/LactoFerm-DBates_EsL.pdf))
- [The EssentialList: Lacto-Fermentation Recipes: Condiments & Beverages](#)  
([essentialstuff.org/wp-content/uploads/2011/07/LactoFerm-Condmt-Bevg\\_EsL.pdf](http://essentialstuff.org/wp-content/uploads/2011/07/LactoFerm-Condmt-Bevg_EsL.pdf))

#### Related ESP articles

- [Gathering Summary: Sprouting & Juicing with Robben Leingang](#)  
([essentialstuff.org/index.php/2009/02/21/Cat/sprouting-and-juicing-062508/](http://essentialstuff.org/index.php/2009/02/21/Cat/sprouting-and-juicing-062508/))