



ALASKA CENTER FOR ACUPUNCTURE

Beet Kvass

From "Nourishing Traditions" by Sally Fallon and Mary Enig p. 610

Makes 2 quarts

3 medium or 2 large organic beets, peeled and chopped coarsely

¼ cup whey (see below)

1 Tbsp sea salt

filtered water

This drink is valuable for its medicinal qualities and as a digestive aid. Beets are just loaded with nutrients. One 4-ounce glass, morning and night, is an excellent blood tonic, promotes regularity, aids digestion, alkalized the blood, cleanses the liver and is a good treatment for kidney stones and other ailments. Beet kvass may also be used in place of vinegar in salad dressings and as an addition to soups.

Place the beets, whey and salt in a 2-quart glass container. Add filtered water to fill the container. Stir well and cover securely. Keep at room temperature for two days before transferring to the refrigerator.

When most of the liquid has been drunk, you may fill up the container with water and keep at room temperature for another two days. The resulting brew will be slightly less strong than the first. After the second brew, discard the beets and start again. You may, however, reserve some of the liquid and use this as your inoculants instead of the whey.

Note: Do not use grated beets in the preparation of beet tonic. When grated, beets exude too much juice resulting in a too rapid fermentation that favors the production of alcohol rather than lactic acid.

Whey and Cream Cheese - Adapted from "Nourishing Traditions" by Sally Fallon and Mary Enig p. 87

Start with high quality, plain (unsweetened) yogurt such as "Nancy's" organic or "Brown Cow". Always use whole milk yogurt, not low fat or no fat varieties.

Line a large strainer set over a bowl with a clean dish towel or cheese cloth folded over several times. Pour in the yogurt, cover and let stand at room temperature for several hours. The whey will run into the bowl and the milk solids will stay in the strainer. Tie up the towel with the milk solids inside, being careful not to squeeze. Tie this little sack to a wooden spoon placed across the top of a container so that more whey can drip out. When the bag stops dripping, the cheese is ready. Store whey in a mason jar and cream cheese in a covered glass container. Refrigerated, the cream cheese keeps for about one month and the whey for about 6 months. The cream cheese, which is a by-product from making whey, is far

superior to the commercial variety, which is produced by putting milk under high pressure and not by the beneficial action of lactic-acid producing bacteria

Whey is also great for helping with digestion – one tablespoon of whey in a little water will help digestion. It also helps to keep joints movable and ligaments elastic.