

# **WAPF PROBIOTIC SODA WORKSHOP – NOVEMBER 16, 2014**

**PRESENTED BY: KIM IRELAND, KEFIR ENTHUSIAST**

[rkimireland@gmail.com](mailto:rkimireland@gmail.com) • 530-575-1561

## **RESOURCE DIRECTORY**

LITER FLIPTOP BOTTLES (HIGH PRESSURE – BORMIOLI ROCCO- Italy)  
MARSHALLS, TJ MAXX, ROSS

QUART & HALF GALLON GLASS CANNING JARS, PLASTIC LIDS (WIDE-MOUTHED PREFERRED)  
HARDWARE STORE

KEFIR GRAINS (MILK)  
[FUSIONTEAS.COM](http://FUSIONTEAS.COM)

KEFIR STARTER CULTURE  
[CULTURESFORHEALTH.COM](http://CULTURESFORHEALTH.COM)

KEFIR CHEESE STRAINER CLOTH (BUTTER MUSLIN – BEST)  
[CULTURESFORHEALTH.COM](http://CULTURESFORHEALTH.COM)

KEFIR WHEY STRAINER (BASKET-TYPE, PAPER COFFEE FILTER)  
FOOD STORES

*CULTURED FOOD FOR LIFE* BY DONNA SCHWENK - EXCELLENT BOOK FOR KEFIR FOODS & OTHER  
PROBIOTICS  
[CULTUREDFOODLIFE.COM](http://CULTUREDFOODLIFE.COM)

AIRLOCK PLASTIC LIDS  
[CULTURESFORHEALTH.COM](http://CULTURESFORHEALTH.COM)

SEEDLING MAT FOR WARMING FERMENTING CONTAINERS (VERY HELPFUL)  
GARDEN SUPPLY CENTERS OR HOME DEPOT