

Summer Fermentation Checklist

General Preparation

- ☐ Clean all equipment thoroughly (jars, lids, airlocks, weights, etc.)
- ☐ Label all ferments with date, ingredients, and batch number
- ☐ Check ambient temperature – aim for 20–24°C (68–75°F) for most ferments
- ☐ Set up a cool, dark storage area (cupboard, basement, or fermentation box)

Vegetable Ferments

- ☐ Stock up on seasonal produce: cucumbers, cabbage, carrots, chillies, radishes, etc.
- ☐ Prepare brine solution (typically 2–5% salt)
- ☐ Use fermentation weights to keep veg submerged
- ☐ Check jars daily for bubbles and pressure buildup
- ☐ Taste test after 3–5 days (may be ready sooner in heat)

Sourdough Starter & Bread

- ☐ Keep starter in a cool place or refrigerate between bakes
- ☐ Feed starter more frequently (every 6–12 hours if left out)
- ☐ Use cool water for mixing to slow fermentation
- ☐ Retard dough in the fridge overnight to control rise
- ☐ Bake early in the day to avoid excess kitchen heat

Kombucha

- ☐ Brew with black or green tea (avoid flavoured teas)
- ☐ Ferment in a cool, shaded area
- ☐ Taste after 5–7 days – may ferment faster in summer
- ☐ Refrigerate immediately once desired tang is reached
- ☐ Prepare for more fizz in second fermentation – burp bottles daily

Water Kefir

- ☐ Use a sugar-water solution with mineral support (molasses, lemon slice, pinch of salt)
- ☐ Ferment for 24–48 hours max in summer
- ☐ Watch for overactivity – burp bottles to avoid explosions
- ☐ Refresh grains every few batches in mineral-rich water

Milk Kefir

- ☐ Shorten fermentation time to 12–24 hours
- ☐ Strain grains as soon as it thickens (don't let it separate)

- ☐ Store finished kefir in the fridge and ferment more slowly
- ☐ Rest grains in milk in the fridge if you're taking a break

Vinegars (Apple Cider, Wine, etc.)

- ☐ Use aerated jars with cloth lids during primary fermentation
- ☐ Keep in a well-ventilated area away from fruit flies
- ☐ Taste and smell weekly – look for tangy aroma and no mould
- ☐ Skim any surface growth (unless mould – then discard)

Ginger / Turmeric Bug

- ☐ Feed daily with equal parts sugar and ginger/turmeric
- ☐ Store in a cool corner and stir well to release gases
- ☐ Use within 5–7 days or refrigerate to slow activity

Storage & Safety

- ☐ Refrigerate finished ferments to extend shelf life
- ☐ Watch for signs of spoilage: mould, foul odour, sliminess
- ☐ Log your ferments in a notebook or app (dates, ingredients, temps)
- ☐ Keep a small fermentation first aid kit: extra salt, pH strips, clean cloths, etc.