










## Master Food Preservers of Humboldt and Del Norte Counties

# Water for Fermenting

	Clean and fresh with no chlorine, chloramines or fluoride.
	<b>Soft water</b> = low mineral content. <b>Hard water</b> = heavy mineral content
	<b>Pickles:</b> blend of hard and soft water. <b>Kombucha:</b> water lower in minerals is best. <b>Kefir:</b> water higher in minerals is best.
	<b>Tap water</b> usually contains chlorine or chloramines and may contain fluoride. <b>Well and Spring water</b> are typically higher in minerals. <b>Distilled water</b> has been purified and contains no minerals or chemicals. <b>Bottled water</b> may be spring/river/stream water or municipal tap. <b>Check label.</b>
	To remove chlorine, use a filter; boil for 20 minutes and allow to cool; or let sit for 24 hours. <b>NOTE:</b> once chlorine is removed, refrigerate water to limit bacterial growth.
	To soften hard water, boil for 15 minutes; let sit, covered, for 24 hours; skim off any scum then pour carefully so as not to disturb sediment on bottom container.
	Boiling and charcoal-based filters will not remove fluoride (any probably not chloramines). Check filter manufacturer for specifications.