

The Chi Farm Acupuncture Clinic, Publications and Seminars

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Information and Education Series

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, many soothing the bile and helping with gallbladder issues. One 4-ounce glass, morning and night, is an excellent blood tonic, promotes regularity, aids digestion, alkalizes 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 consumed, refill 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 inoculant 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

From “Nourishing Traditions” by Sally Fallon and Mary Enig p. 87

Start with high quality, plain (unsweetened), whole milk (not low fat or no fat) yogurt such as Nancy’s Organic or Brown Cow. Line a large strainer with a clean dishtowel or several layers of cheesecloth and place over a bowl. 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 cloth. After several hours tie up the towel with the milk solids still inside being careful not to squeeze, then tie this towel to a wooden spoon and suspend over the bowl. Leave over the bowl until the whey stops dripping.

Store the whey in a mason jar and the cream cheese (what was the milk solids) in a glass bowl in the refrigerator. The whey should keep 6 months and the cream cheese one month while refrigerated. This cream cheese, which is a byproduct 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.

One tablespoon of whey in a glass of water will aid in digestion and help keep joints movable and tendons and ligaments elastic.

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