

THE CRAFT OF  
*HERBAL FERMENTATION*  
— ONLINE COURSE —

## THE CRAFT OF HERBAL FERMENTATION COURSE OUTLINE

### UNIT 1: HERBAL BEER

#### **Lesson 1: Introduction**

- Welcome to the Wild and Wonderful Craft of Herbal Fermentation
- Here's How the Course Works (VIDEO)
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#### **Lesson 2: Introduction to Brewing Herbal Beer**

- Why Brew Herbal Beer?

#### **Lesson 3: Herbal Beer Brewing Video Tutorial**

- Herbal Beer (VIDEO)

#### **Lesson 4: The Subversive Guide to Herbal Home Brewing**

- Ingredients
- Basic Equipment
- How to Brew Herbal Beer
- Herbal Beer Recipes

#### **Lesson 5: Herbal Beer Tasting**

- An Herbal Beer Tasting Conversation (VIDEO)

### UNIT 2: HERBAL MEAD

#### **Lesson 1: Herbal Mead Brewing Philosophy**

- What Is Herbal Mead?
- A Brewing Philosophy: Rebuilding Cultural Topsoil
- A Mazer's Brewing Strategy
- Exploring the Basic Ingredients of Herbal Mead

#### **Lesson 2: Herbal Mead Brewing Video Tutorial #1**

- Herbal Mead Part I1 (VIDEO)

#### **Lesson 3: How to Brew Herbal Mead**

- Basic Equipment



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- How to Brew Herbal Mead
- Herbal Mead Recipes

**Lesson 4: Herbal Mead Brewing Video Tutorial #2**

- Herbal Mead Part II (VIDEO)

UNIT 3: HERBAL KOMBUCHA & WATER KEFIR

**Lesson 1: Introduction to Kombucha and Water Kefir**

- Kombucha Tea
- Water Kefir

**Lesson 2: Kombucha Brewing Basics**

- Defining Primary Versus Secondary Fermentation
- Environmental Considerations
- Main Ingredients and Supplies for Standard Kombucha Primary Fermentation
- A Quick Discussion on Fermenting Vessels and Bottles

**Lesson 3: Let's Brew Kombucha**

- Brewing the Primary Fermentation
- Secondary Fermentation: Flavoring, Bottling, and Storage

**Lesson 4: Herbal Kombucha Brewing Video Tutorial**

- Herbal Kombucha (VIDEO)

**Lesson 5: Water Kefir Brewing Basics**

- Environmental Considerations
- Main Ingredients and Supplies for Standard Water Kefir Primary Fermentation
- Taking a Break from Brewing: Storing Water Kefir Grains

**Lesson 6: Let's Brew Water Kefir**

- Brewing Your Primary Fermentation
- Secondary Fermentation: Flavoring, Bottling, and Storage

**Lesson 7: Herbal Water Kefir Brewing Video Tutorial**

- Herbal Water Kefir (VIDEO)



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**Lesson 8: Herbal Kombucha and Water Kefir Resources**

- Sugar, Alcohol, and Caffeine: Aren't These Bad for You?
- Cautions and Unwanted Side Effects

UNIT 4: LACTO-FERMENTS

**Lesson 1: Introduction to Lacto-Fermentation**

- Safety Considerations
- Ingredients
- Getting Started

**Lesson 2: Lacto-Fermented Vegetables Video Tutorial**

- Herbal Lacto-Fermentation (VIDEO)

**Lesson 3: Lacto-Fermentation Instructions and Recipes**

