



If you cannot find these things at your local kitchen store, check out Amazon.ca and Amazon.com

Equipment Shopping List

Must Have:

Cutting board

Sharp knife

Spring Water

Mesh strainer

Measuring spoons

Measuring cups

Plastic spoon, ladle or spatula (or rubber) for mixing

Mason jars

Large glass or plastic bowls

May Need:

Sea salt or Himalayan salt

Meat pounder or potato masher to pound juices out of the vegetables, or a kraut pounder

Cheesecloth (only for cheese) or fine mesh cloth (for kombucha and sourdough)

Food processor

Nice To Have

Air lock top?? – I do not find these nice to have but I included this in case you want to know about it or even try having one.

Fermentation crock

PH papers. Helpful for kombucha and other ferments: Most fermented products have a ph of about 4 and it drops as it ferments so ph papers could be a way to see if it has fermented enough.



Brod and Taylor Bread Proofer and Yogurt Maker: Essential for making

Heating strip – helps with controlling temperature for sourdough, kombucha etc.

Nice To Have

Thermometer – for checking the temperature of the ferments to make sure they are warm enough

Fermentation Caps: From Kombucha Kamp - works better than cheesecloth

Starter Culture: Kefir Grains, Freeze-Dried Culture or Vegetable Starter

Live Cultures: Kombucha Kamp: kombucha scoby, milk and water kefir grains – Ships anywhere: kombuchakamp.com

Dehydrated Cultures: Culture for Health: US only – Starters for everything:
<http://www.culturesforhealth.com/>

In Canada: Use the Cultures for Health retail locator:
<http://www.culturesforhealth.com/ustorelocator/location/map>

Caldwell Vegetable Starter: Canada: <http://caldwellbiofermentation.com/en/index.html> Site recommends several US retailers as well as Cultures for health in the US sells it.