



To Purchase Kefir Grains:

These sites can help you source the grains. I highly recommend the live cultures from Kombucha Kamp especially for milk kefir grains. I find they work far better than the dehydrated version.

Live Cultures: Kombucha Kamp: kombucha scoby, milk and water kefir grains – Ships anywhere: <http://www.kombuchakamp.com/11269.html>

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

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