

MILD GRAIN DRINKS

(D&C 89:17)

ZIP – A MILD GRAIN DRINK

Zip is an energizing enzyme-rich drink made from barley or wheat; some prefer barley over wheat. Sometimes called a new form of acidophilus, it is an excellent digestive aid. Zip fortifies the immune system, and those who drink it regularly say they avoid colds, flu and viruses. Zip is beneficial for infants and children as well as adults.

1 scant cup barley or wheat berries
1 quart pure water

Put barley or wheat grass in a quart bottle and fill with water. Let stand at room temperature for 24 hours. Pour off the water and drink it. If desired, mix this water with juice or use it in cooking. Add more water to the same grain, and let stand another 24 hours. Use the same grain for two to three days, then discard and start with fresh grain.

Rather than discard the soaked wheat, you can blend the soaked wheat for a cheese if you choose. It can also be used as a fertilizer on your plants or put out for the birds.

WHEAT MILK

A nutritious drink that's very easy to make.

1 cup 2-day wheat sprouts
2 cups Zip or water
Honey or fresh fruit
Few grains salt

Blend wheat and water in blender for a few minutes. Strain and discard wheat. Sweeten milk with honey or add fresh fruit and blend again. This makes a tasty, nutritious drink, or use it over cereal. If you let wheat milk sit at room temperature for 24 hours, it tastes like buttermilk and is excellent for digestion.

BARLEY OR RICE WATER

Very nutritious, soothing and healing, particularly to the respiratory system, urinary system and digestive system. Helps relieve diarrhea and aids in rehydration.

1 cup barley or rice
3 quarts pure water

Place barley or rice and water in a large stainless steel pan and simmer about 2 hours. Cool, strain, and discard barley or rice. Serve the broth as desired.

TOASTUM DRINK (parched wheat)

In fry pan (no oil) over medium-high heat, cook and stir continually ½ cup or less wheat until dark brown. Coarsely crack in blender or nut mill. Store in air tight container in a cool place. Add 1-2 t. to 1 c. boiling water. Let steep 5 min and strain. Serve with milk and honey if desired.

For a variety in your wheat drink, add parched barley and rye to the parched wheat. This makes a blend similar to postum.

Broths and gravies: Add parched wheat to liquids for darkening broths and gravies.

REJUVELAC

Rejuvelac is a more potent form of Zip. It is used to improve digestion of food and helpful during times of illness, acute or chronic, by supplying essential probiotics, nutrients and enzymes.

½ cup soft spring wheat (other varieties will do)
6 cups spring or filtered water

Soak wheatberries in a half-gallon jar, covered with cheesecloth or nylon mesh screening, for 10-15 hours. Drain off water (do not rinse wheatberries) and let wheat sprout for 2 days. After this time, pour water over wheat sprouts (use about three times the amount of wheat sprouts). Cover jar and leave at room temperature for 24 hours. Then pour off liquid Rejuvelac into another jar. Cover and refrigerate; it will keep for several days this way. Rejuvelac should be yellowish, cloudy and tart, without being too sour and slightly carbonated.

The wheat sprouts can be reused 2 more times to make additional Rejuvelac, you may use the following alternative method. Grind 1-day-old wheat sprouts by lightly blending them with a little water. Pour into a half-gallon jar, add remaining water, cover with a piece of nylon mesh or cheesecloth, and let stand for 3 days. Rejuvelac will be ready to use on the third day. It will have a pleasant smell and slightly lemony flavor when it is ready; it can be stored in a covered jar in the refrigerator for 2-3 days. Ideally, however, Rejuvelac should be served at room temperature.

(Rejuvelac can be prepared using whole wheat, rye, quinoa, oats, barley, millet, buckwheat, rice and other types of grain. Best results have been found using wheat, rye, and quinoa.)

BARLEY WATER

Barley

From *Cookies for Dinner* by Faye Packer Reeves

“Nevertheless, wheat for man, and corn for the ox, and oats for the horse, and rye for the fowls and for swine, and for all beasts of the field, and barley for all useful animals, and for mild drinks, as also other grain.” D&C 89:17

There are three kinds of barley: hull-less for sprouting, especially in flats of dirt; hulled (dehulled or covered) for sprouting in the kitchen or cooking; and pearled (pearled is as processed as white flour or white rice, and is not recommended).

Barley is excellent for the heart and bones, and helps people overcome alcoholism. It also has components that can inhibit fat and cholesterol adsorption in the intestines. This results in lower cholesterol, especially LDL (bad) cholesterol. Barley contains niacin, thiamine and potassium. Barley puts usable calcium and iron into the blood which helps us fight infection. Vit. D and Vit. C work with the calcium.

Faye reports that each of her sisters likes her own method of preparing barley water.

*Faye's method:

1 1/2 t. to 1 T. barley

1 quart clean water, preferably distilled

After pouring off the cooked liquid, add 1 t. cream of tartar. Or add 1/4 t. per cup when you drink it.

Faye heats the water to almost boiling; pours it onto the barley; and lets it sit from 3 to 24 hours. Then she pours off the liquid and drinks it throughout the day. Sometimes she puts it in a thermos overnight. Sometimes she puts it in a Crockpot and cooks it just under a simmer. She uses the barley in hotcakes, breads, etc. She says it puffs things up. It can be used whole or blended with water and added to hot cereal or waffles. She also puts it in the freezer to use in making soup.

*Anne's method:

Ann rinses the barley two or three times a day, and drinks the water. After the barley sprouts, she eats the sprouts on her salad.

*Catharine's method:

Catharine does not measure; she just puts some barley in some water, and drinks the water.

*Ruth's method:

Ruth cooks her barley like rice, adds a gallon of water, keeps it in the refrigerator so she has a week's (or more) supply. Ruth drinks one cup of barley water with 1/4 t. cream of tartar every morning and is now off her asthma medication.

Faye has a friend, Suzanne. Suzanne's mom is from Scotland and said that In England they always purchased barley water to treat anyone who was sick. It came in a bottle and was a white liquid. It is excellent for relieving congestion in the lungs. It relieves asthma. Faye's sister, LoRane went to Malaysia

on a mission. She reported that one of the drinks they purchased in heavy plastic bags was barley water.

Faye feels that drinking the barley water works better than simply eating the cooked grain. Barley water is cheaper than beer and better for the body. People who drink beer have stronger bones but barley water does the same thing.

Faye's friend, Elizabeth, says that the barley water has helped her new grandchild with digestive problems.

For more stories on the health benefits of barley water, see the Grainmix.com.

Barley Water (sports drink substitute) *Claudia Bracken*

3 qt. filtered water, brought to boil
3 T. hulled barley (not pearled barley)

Stir the barley into the boiling water and turn the element off. Cover the pan and let it sit overnight. You could place the pan in a Wonderbox or could put the barley in a thermos bottle and pour the boiling water into it.

In the morning, pour the liquid into a pitcher and chill:

1 qt jar (for Dad) - add 1-2 T. of honey, or to taste
2 qt jar (for Mom) - add 1/2 - 1 t. cream of tartar, or to taste add honey or agave to taste
add 1-3 c. pure fruit juice (grape, pomegranate, etc.) maybe could add a little salt

Barley Water Lemonade *Faye Packer Reeves*

Juice of 2 lemons
Barley water to 2 quarts
Honey or agave to taste

Amazingly refreshing to sip on a hot summer day.

Barley Water (for chest congestion/colds) *Melora Bracken*

5/07
1 c. hulled Barley (not pearled barley)
8-10 c. pure water
1/4 tsp Cream of Tartar
Honey to taste

Bring water and barley to a boil, then reduce to a very low simmer; simmer for 2-3 hours. The more you simmer, the thicker it gets. Two hours seems to be plenty. You might need to add a cup or two of water as it simmers during those 2 hours.

After the mixture has reached a rich milky consistency, remove from heat and strain out the barley. Mix in 1/4 tsp Cream of Tartar, and enough honey to sweeten to taste. Chill in the fridge. Serve cold. It has a nice sweet milk flavor with the honey. May drink as often as needed.

REJUVELAC Anne Wigmores Hippocrates Health Drink

I was first introduced to Rejuvelac by my friends at the Hippocrates Health Centre on the Gold Coast of eastern Australia, where the guests drink a glass of rejuvelac each day to improve their bowel flora. Rejuvelac may also be used as a starter for sourdough bread, and nut and seed cheese.

INGREDIENTS Makes 2 litres Rejuvelac.

1 cup of wheat grains, from a health food store.

2 litres of water.

2 litre wide mouthed jar.

INSTRUCTIONS METHOD 1 1. Add the wheat grains to the mason jar. Fill with water and cover with gauze, held securely in place with an elastic band.

2. Leave the jar on a kitchen bench out of direct sunlight. Give the jar a gentle twirl, but not a shake, every 12 hours. Once a light foam develops the Rejuvelac should be ready for use. It may take anywhere from 2-5 days to ferment the Rejuvelac depending on the ambient temperature. In hot weather where it may ferment too quickly (around 24 hours) it is possible for the Rejuvelac go putrid. Rejuvelac should have a pleasant yeasty smell with a lemon like flavour.

3. Decant the Rejuvelac into a flagon and refrigerate. Refill the jar with water and ferment for another 24-36 hours to make a second culture. Decant the Rejuvelac and discard the wheat grains.

INSTRUCTIONS METHOD 2 1. Soak the grain over night. Rinse then lay the jar on its side to drain and leave the wheat to sprout for 1-3 days or until the roots are 1-3 mm long. Keep the jar covered with muslin and rinse periodically to prevent the grains from drying out, and to remove harmful organisms.

2. Fill the jar with water and ferment the culture for 1-2 days or until it has gone milky with a layer of froth on the surface.

3. Decant the liquid and refrigerate.

NOTE: 1. It is possible for Rejuvelac to bad (as it is for sprouts and probably any fermented culture). You can generally tell if the rejuvelac is okay by the smell and taste. It should be acidic with a pH less than pH 3.9. It is good practice to observe, smell and taste the rejuvelac periodically to become accustomed to the changes that occur (as it is for any fermented culture). Rejuvelac should keep in the fridge for a week or more, and will gradually sweeten with time.

2. All bacteria and yeasts have an optimum incubation temperature. Refrigeration will inhibit the growth of some organisms but may give an opportunity for others to flourish. Hot weather or high temperatures, may encourage the rapid growth of pathogenic organisms before the beneficial organisms get started, in which case the culture will smell putrid. If your Rejuvelac culture goes off then discard it, sterilise the jar and wait for cooler weather. In hot weather, it is feasible that a slight acidulation of the water with a little lemon juice at the start of the fermentation, may provide an environment less suited to pathogenic organisms.

MEASUREMENTS 1 teaspoon = 5 ml / 5 gm. 1 tablespoon = 15 ml / 15 gm. 15 tablespoons = 1 cup = 8 fluid oz / 225 ml. 1 US gallon = 3.6 litres. 1 lb = 16 oz / 454 gm. Temperature 20C = 68F
from Fahrenheit to Celsius: $^{\circ}\text{C} = (^{\circ}\text{F} - 32) / 1.8$. Conversion from Celsius to Fahrenheit: $^{\circ}\text{F} = 1.8^{\circ}\text{C} + 32$

