

WILD-FERMENT HIBISCUS “WINE”



A SPECIAL COMMUNION DRINK FOR THE WHOLE FAMILY

This drink is so wonderful! As I considered what kind of drink I could ferment as a simple home brewed “wine” in Central America, it occurred to me that Hibiscus leaves are plentiful! I absolutely love this recipe and am so excited to share it with you. It stays wonderfully effervescent in the fridge for some time as well. (Just make sure to “burp” it once in a while.)

Ingredients:

- 1 cup dried hibiscus petals
- 1/2 to 3/4 cup raw honey (adjust to taste)
- 6–7 cups filtered water
- A few whole cloves and a stick of cinnamon
- 1 large glass jar (1.5–2 L)
- Cloth and rubber band

Instructions:

1. Make the Hibiscus Base

- Boil 6 cups of water.
- Turn off heat and stir in the hibiscus petals and spices.
- Let steep for 30–60 minutes.
- Strain into a clean jar or bowl.

2. Sweeten

- While still warm (but not hot), stir in the honey until fully dissolved.
- Taste and adjust sweetness if needed. (Sweetness helps the fermentation.)

3. Cool & Cover

- Let the mixture cool completely to room temperature.
- Pour into a clean glass jar.
- Cover the jar with a cloth secured with a rubber band.

4. Ferment

- Leave at room temperature for 2–4 days.
- Stir gently once a day with a clean wooden spoon.
- Start tasting after 2 days. It should develop a slight tang or fizziness but remain pleasant.
- Once it reaches the flavor you like, seal it with a lid and store in the fridge.

5. Serve

- Chill before serving for communion.

RUSTIC COMMUNION BREAD



A SIMPLE FLATBREAD TO MAKE WITH YOUR CHILDREN

This recipe is so easy to make, and my children love to help. It just takes a few minutes and in draws them into the preparation of something special with their hands.

Ingredients:

- 1 cup whole wheat flour
- 2 tablespoons olive oil
- 2 tablespoons raw honey
- 1/4 teaspoon sea salt
- 1 teaspoon dried rosemary
- 2 to 4 tablespoons water (as needed for dough)

Instructions:

1. In a bowl, combine the flour, salt, and rosemary. Stir in the olive oil and honey. Slowly add water, a little at a time, mixing until a soft dough forms. The dough should be pliable but not sticky.
2. Knead gently on a floured surface for a few minutes, praying or singing as you work if you like! (This is a sacred act, not just preparation.)
3. Flatten the dough with your hands or a rolling pin until it is about 1/4 inch thick. You may shape it into one large circle, or several small ones for individual servings. Poke a few holes with a fork.
4. Gently heat on a hot dry skillet for a minute or two, both sides. Sprinkle a pinch of salt and cut or tear into pieces when cooled.