

Waikato

ENVIROSCHOOLS



Fizzy Feijoa Drink

It's Feijoa season! How do you eat yours? Are you a scooper or a sucker?

If you have a feijoa bush at home, you probably have a lot of feijoas right now! Here's a simple recipe that uses the skins, which are usually seen as 'waste', turning them into a delicious, refreshing drink.

You will need

- Feijoas
- Teaspoon
- Sugar
- Large jar (approx 1 litre)
- Bottle with screw top (approx 500ml)

Instructions

1. Make sure your jar and bottle are clean
2. Scoop out the feijoa flesh and use in your favourite feijoa recipe
3. Give the skins a quick rinse
4. Loosely fill your jar with feijoa skins
5. Add 1 tablespoon of sugar and cover with water
6. Leave the jar on your bench for 1-2 days. Make sure the top of the jar is covered (with the lid or a piece of fabric and elastic band) so that bugs can't get in but gas can get out.
7. Strain the liquid off the feijoa skins into your bottle, add 1 teaspoon of sugar and top up with water. (Remember to pop your feijoa skins into the compost). Screw the lid on well.
8. Leave at room temperature for a further day then chill, drink and enjoy!



Note: The water really needs to cover the feijoa skins to create an anaerobic (no air) environment. **If your feijoas go mouldy, you need to discard and try again.**

Tip - screw the lid of your bottle on tightly to get a good fizz! You can also use flip-top bottles.

Cool fact - The fermenting process removes some of the sugar as the natural yeasts from the feijoa skins eat the sugar and produce carbon dioxide, making the drink fizzy.

What is your favourite feijoa recipe? If you have too many feijoas, don't waste them! You can scoop out the flesh and freeze it to use in porridge, baking, desserts and smoothies later in the year.

What other foods are fermented? You could create a poster showing what happens during fermentation. <https://kids.britannica.com/kids/article/fermentation/353120>

