



VINEGAR EEL CARE GUIDE

1. Prepare a glass or plastic bottle with a long, narrow neck (wine bottles work best), by cleaning and sanitizing.
2. Cut up an apple and add 4 – 5 slices to the bottle.
3. Pour in your starter culture.
4. Fill the bottle with a 50/50 mix of unpasteurized apple cider vinegar and non-chlorinated water.
5. Stop filling just below the start of the neck. Do not fill into the narrow section of the bottle.
6. Cover the top of the bottle with a paper towel or coffee filter and rubber band it in place.
7. Let the culture grow by placing it at room temperature, away from direct sunlight.
8. Allow the culture to develop for 2 to 4 weeks.
9. To harvest, pack a piece of filter floss into the neck of the bottle. It should touch the vinegar mixture but not become fully submerged.
10. Slowly add non-chlorinated water into the neck of the bottle until the water is about a half inch from the top.
11. Re-cover the bottle and let it sit for 24 hours. During this time, the vinegar eels will migrate through the filter floss and into the fresh water.
12. Use a pipette to collect the eels from the neck. Feed directly or rinse briefly in clean water before use.

