

29 MAKING KOMBUCHA

EQUIPMENT

- 1 Gallon Sized Jar
- Clean Fabric Square large enough to fit over top of jar
- Rubber Band
- Large Pot or Tea Kettle
- Measuring Cup
- Fine Mesh Strainer, optional

INGREDIENTS

- 3 quarts filtered water, brought to a boil and cooled
- 8 tea bags black caffeinated tea
- 1 cup white cane sugar
- 1 SCOBY
- 2 cups starter Kombucha tea from previous batch (starter tea)
- 2 tablespoons distilled white vinegar (only required if no starter Kombucha tea is available)

INSTRUCTIONS

1. Boil 3 quarts of water (or boil 2 quarts and reserve 1 quart for cooling)
2. Pour boiled water into a clean, heat-proof gallon jar
3. Add tea bags to the jar and allow to brew for 10 minutes
4. Remove tea bags and do not squeeze them
5. Add sugar to the jar, stir well, and allow sugar to dissolve
6. Wait until the tea has cooled or add reserved 1 quart to speed up the cooling process)
7. Add SCOBY to the jar
8. Add starter tea
9. Cover jar with fabric and secure with a rubber band
10. Place jar in room temperature area out of direct sunlight (between 68°-85°)
11. Taste test the Kombucha after 7 days to see if it is to your liking. If you would like it to be tangier, test it again after 10 days up to 20 days.
12. Once you like the taste, remove the SCOBY, stir the mix, and remove 2 cups), and put this tea and the SCOBY into a clean jar (for the next batch). Bottle the remaining tea if you are not adding any flavoring. If you want it carbonated, leave the bottled tea (Kombucha) in a warm area so it can ferment and become carbonated. (This is the 2nd ferment).

FOR FLAVORED KOMBUCHA

There are many ways to flavor your Kombucha using fruit, sugar, honey, or table sugar. Here are some ideas to mix and match.

- Lemon Ginger (1/2 cup lemon juice, 1 T. ginger and 4 tsp. honey)

Pineapple	Basil	Raspberry
Lemon Ginger	Spiced	Pear
Blueberry	Banana	Rosemary
Grape	Blackberry	Vanilla
Turmeric	Beet	Pomegranate
Ginger	Cranberry	Mint Lime Mojito
Pumpkin spice	Mango	Apple Cinnamon
Chia Seed		