

Bottle Flavoring Suggestions:

You can infuse the kombucha with flavorings. You can flavor directly in a 16oz bottle or by adding the extra in another jar covered with cheesecloth. Let stand for a day or two, strain, and then bottle. This makes a cleaner kombucha without “stuff” in it (gallon quantities).

RASPBERRY GINGER FIZZ

1 teaspoon lemon juice (2 Tablespoons)
5-10 fresh or frozen raspberries (5 ounces, ~70)
1 teaspoon chopped ginger (2 Tablespoons)

STRAWBERRY PEACH PUNCH

2 Slices fresh or frozen peaches, chopped (2 whole peaches)
1-3 fresh or frozen strawberries, chopped (6 ounces, ~18)
1 teaspoon chopped ginger (2 Tablespoons)

MANGO MANGO

1/4 cup fresh or frozen mango (~2 cups)
1 teaspoon chopped ginger (2 Tablespoons)

from thekombuchashop.com

Final Notes

• **Tea Options:** Black tea tends to be the easiest and most reliable for the SCOBY to ferment into kombucha, but once your SCOBY is going strong, you can try branching out into other kinds. Green tea, white tea, oolong tea, or an even mix of these make especially good kombucha. Herbal teas are ok, but be sure to use at least a few bags of black tea in the mix to make sure the SCOBY is getting all the nutrients it needs. Avoid any teas that contain oils, like earl grey or flavored teas.

• **Putting kombucha on Pause:** If you’ll be away for 3 weeks or fewer, just make a fresh batch and leave it on your counter. It will likely be too vinegary to drink by the time you get back, but the SCOBY will be fine. For longer breaks, store the SCOBY in a fresh batch of the tea base with starter tea in the fridge. Change out the tea for a fresh batch every four to six weeks.

How To Make Kombucha

fermented tea for your health

Requirements:

- Kombucha equipment kit
- Sugar, tea, and a SCOBY

Kombucha is a fermented tea beverage that has seen a resurgence in popularity in the past few years. Fans love the tart, fizzy flavor of the basic kombucha. Current research supports claims that the mixture of probiotic organisms found in the **SCOBY** (symbiotic culture of bacteria and yeast) is also beneficial to one's health. With just a little finesse at the bottling, different flavors can be added for variety.

Ingredients:

- 3 1/2 quarts water
- 1 cup organic sugar
- 2 tablespoons loose tea
- 2 cups starter tea from last batch of kombucha or store-bought (unpasteurized, neutral-flavored) kombucha
- 1 SCOBY per fermentation jar

1. Make the Tea Base: Bring ½ gallon of water to a boil. Remove from heat and stir in the sugar to dissolve. Drop in the tea and allow it to steep until the water has cooled. Depending on the size of your pot, this will take a few hours. You can speed up the cooling process by placing the pot in an ice bath.

2. Transfer to Jars and add the Starter Tea: Once the tea is cool, remove the tea bag or strain out the loose tea. Transfer to gallon jar. Stir in the starter tea. (The starter tea makes the liquid acidic, which prevents unfriendly bacteria from taking up residence during the first few days of fermentation.) Top up with room temperature water to make a gallon. Check that pH is 4.5 or lower.

3. Add the SCOBY: Gently slide the SCOBY into the jar with clean hands. Cover the mouth of the jar with two layers of cheesecloth and secure with a rubber band.

4. Ferment for 7 to 10 Days at room temperature, out of direct sunlight, and where it won't be disturbed.

It's not unusual for the SCOBY to float at the top, sink to the bottom, or even float sideways. A new cream-colored layer of SCOBY should

start forming on the surface of the kombucha within a few days. It usually attaches to the old SCOBY, but it's ok if they separate. You may also see brown stringy bits floating beneath the SCOBY, sediment collecting at the bottom, and bubbles collecting around the SCOBY. This is all normal, and signs of healthy fermentation.

After seven days, check that pH has fallen below 4. Begin tasting the kombucha daily by using a straw to reach below the SCOBY. When it reaches a balance of sweetness and tartness that is pleasant to you, the kombucha is ready to bottle.

**** It is best if you start your next batch when you bottle ****

5. Remove the SCOBY: With clean hands or using a wide straining ladle gently lift the SCOBY out of the kombucha and set it on a clean plate. As you do, check it over and remove the bottom layer if the SCOBY is getting very thick.

6. Bottle the Finished Kombucha: Measure out your starter tea (2 cups) from this batch of kombucha and set it aside for the next batch. Pour the fermented kombucha (straining, if desired) into bottles, along with any juice, herbs, or fruit you may want to use as flavoring (see back page). Small funnels are awesome! You can also use a mini-auto-siphon and a bottle filler. Either way, leave about a half inch of head space in each bottle.

7. Carbonate and Refrigerate the Finished Kombucha: Store the bottled kombucha at room-temperature out of direct sunlight and allow 1 to 3 days for the kombucha to carbonate. Until you get a feel for how quickly your kombucha carbonates, it's helpful to keep it in plastic bottles; the kombucha is carbonated when the bottles feel rock solid. Refrigerate to stop fermentation and carbonation, and then consume your kombucha within a month.

8. Make a Fresh Batch of Kombucha: Clean the jar being used for kombucha fermentation. Combine the starter tea from your last batch of kombucha with the fresh batch of sugary tea, and pour it into the fermentation jar. Slide the SCOBY on top, cover, and ferment for 7 to 10 days.