

Kombucha: 101

What you will need:

1 SCOBY + 1 cup of starter liquid

1 cup of cane sugar

¼ cup of black tea (or 6 tea bags)

12 cups of filtered water (8 of them cold)

1 medium pot

1 gallon glass jar (if using a half gallon, remember to cut the recipe in half).

Cotton cloth

Elastic or Plastic band

Est. Time: 30 minutes

Step 1: Boil 4 cups of water in your medium pot.

Step 2: Once water comes to a boil, turn off the stove and add in your tea. Let steep for 8 minutes.

Step 3: Remove tea from water. Stir in 1 cup of cane sugar until dissolved.

Step 4: Add tea mixture to your large glass jar.

Step 5: Add 8 cups of cold water (If you do not have cold water, let the tea mixture sit until it is room temperature). Mix until cooled and the liquid is all the same temperature.

Step 6: Add SCOBY and 1 cup of starter liquid to the glass jar.
(SCOBY may not float right away, but that is ok!).

Step 7: Cover the jar with cotton cloth and secure it with an elastic or plastic band.
Store in a **WARM** and **DARK** place for **7-10** days.

Step 8: Remove SCOBY and 1 cup of starter liquid and set aside for the next batch.

Step 9: Take remaining liquid and put into smaller jars with lids.

Second Fermentation:

Step 1: After adding remaining liquid to smaller jars, add 2-3 tbsp of sweetener to each jar.
Step 2: Add Herbs/Fruit to desired taste.
Step 3: Cover each jar with the lid, and store in a WARM and DARK place for 2-4 days.
Step 4: Burp each jar once daily!
Step 5: Once the 2nd fermentation is complete, remove herbs/fruit and store in the fridge.

ENJOY!

**You do not need to make Kombucha each week. You can store your SCOBY and starter liquid in the fridge for up to 6 months!*

**SCOBYs are no longer good if they have mold on them or turn black.*

**KOMBUCHA can be stored in the fridge for up to 6-8 months!*