

Kombucha for Beginners



Simple Kombucha Instructions – makes about $\frac{1}{2}$ gallon

1. Bring about 6 $\frac{1}{2}$ cups pure water to boil
2. Pour into glass vessel and add $\frac{1}{2}$ cup sugar (or you can do this in the pot). Stir to dissolve.
3. Put in 4 tea bags and let steep (if fruit flies are around, cover with a clean towel)
4. When *completely* cool, add **scoby** (SYMBIOTIC COLONY OF BACTERIA & YEAST) and 1 cup starter tea
5. Cover with cloth and rubber band and set out of the way (70-75 degrees is nice) for 7-10 days. Label with date. I like to put “Love and Gratitude” on the label to, with lots of positive intentions.

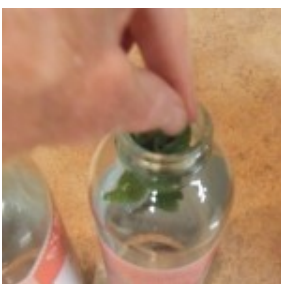
| <i>Vessel size</i> | <i>Water Amount</i> | <i>Sugar Amount</i> |
|--------------------|------------------------|---------------------|
| <i>Tea Amount</i> | <i>Starter Tea</i> | |
| Quart cup | 2.5 cups 2 tea bags | .25 .5 cup |
| Gallon cup | 13 cups 8 tea bags | 1 2 cups |

Tips –



- Use only organic tea bags, with no staples in them. NO METAL – SCOBYS NO LIKE. Green tea has less caffeine and scobys really like black tea. Buying boxes of 100 is very economical. YES, you can use loose tea...in a dye free muslin bag is great.
- Sugar – must be organic from sugar cane (may say dehydrated sugar cane juice). Costco is the best price I've seen (\$8.99 for 10 pounds).
- Non-chlorinated water is a MUST; filtered water is best. Big grocery stores like Meijer have reverse osmosis machines where you can fill your non-BPA plastic jugs for less than 50 cents.
- Kombucha scobys multiply with every batch – it's a good idea to separate them each time and put the extras in a jar with some starter tea...a scoby "motel" if you will. Then you can share!
- Your brewing kombucha likes temps around 70 and 80 degrees. Cooler...won't grow as fast, and warmer...well, don't do warmer if you can help it.
- While brewing, your scoby may float or sink or grow weird stringy things. It's all good.

Flavoring Your Booch (p.s. ~ you don't HAVE to flavor it)



Chocolate mint
sprigs – my
favorite!

- Once your kombucha is brewed the way you like it (usually 7-10 days) (you can stick a straw in it while it's brewing, put your finger over it, pull it out and taste it), pour it into a glass measuring cup or pitcher (this makes it easier to pour into bottles). You can store it in any size GLASS vessel.
- Place flavoring (i.e. mint, ginger, blueberries, grapes, other pieces of fruit) in the bottom of the bottles.
- Pour in the kombucha and put lids on your vessels.
- Place the vessels in the cupboard for another 2-10 days – the longer the bubblier. Then put in frig.
- OR YOU CAN JUST ADD SOME ORGANIC JUICE AT THE TIME YOU CONSUME PLAIN KOMBUCHA

Great websites for “booch”ers ~

kombuchakamp.com

culturesforhealth.com

oregonkombucha.com

This post is dedicated to all the new “boochers” from my [WLACE](#) classes, [Nourishing the Lakeshore](#), [Fermenting the Lakeshore](#), [Moondrop Herbals](#) and my most recent detox group.

As always, wishing you REAL food, for REAL health, so you can be REAL happy.