



Brewing Kombucha at home is fun and easy. The steps are simple: Boil water, brew tea, add sugar, let it cool, and add culture. A kit makes one gallon of kombucha. The live culture packet in this kit contains a SCOBY – a Symbiotic Culture Of Bacteria and Yeast. It is a living organism and it will grow in sweet tea and turn the tea and sugar into kombucha. The brewing also can create natural carbonation.

Keep these instructions. You will need them again later.

Your kit contains:

- Live kombucha culture packet
- Tea bag with organic tea

You will need:

- **One cup of sugar** – organic or regular granulated sugar is best. We do not recommend using honey, agave, or other sweeteners because they do not produce consistent, delicious kombucha.
- **One gallon of boiling water** – any type of pot may be used to boil the water.
- **Long handled metal or plastic spoon** – to stir the tea. Avoid wooden spoons.
- **Clean one gallon brew container** – we suggest a wide mouth container made of glass, food-grade plastic or food-grade ceramic. Metal containers should not be used. A glass jar, Tupperware type container, a Crock Pot liner, or a pitcher will work. You will not use the lid for your brew container.
- **Clean, light weight cloth cover** – for your brew container. The cover needs to keep out foreign matter, but allow air to pass through it so the living culture can breathe. A kitchen towel, dinner napkin, or a cut up old t-shirt fresh from the washer and clothes dryer should be sufficiently sanitized for this purpose.
- **Big rubber band or string** – to tie the cloth cover to the brew container. This keeps out bugs, and dust, and such.
- **A clean, warm place, with good ventilation** – to brew your batch. Kombucha grows fast and healthy at 80-85 degrees. You may find a warm spot in your house like in an oven with a pilot light or on top of a water heater or on top of an appliance with a running motor.

An inexpensive way to create a warm environment is to put your batch in a cooler, or clean cardboard box, with 2 jars of hot tap water. Keep lids tight on the water jars and add fresh hot water twice daily. You can also create a warm environment with a heating pad, a clean aquarium heater, or a seedling/sprouting heat pad. Allow fresh air to circulate to your batch for a few hours each day by opening the cooler, box, or oven door. Avoid areas near mold sources like firewood, over-ripe fruit, old carpet, old wooden cabinets, or closets filled with old clothes or books.

How To Use The Kit

The steps are simple: Boil water, brew tea, add sugar, let it cool, and add culture. Then, wait until your kombucha is fermented the way you like it , 7-30 days.

You have probably made hot tea before, it is simple. Boil one gallon of water in a large pot. Add the tea bag included or 10-12 regular tea bags and stir. Remove black tea bags in 4 minutes and green or white tea in 2-3 minutes. Add one cup of sugar and stir until dissolved. Pour the hot tea into the brew container and allow the tea to cool to room temperature. This cooling will take a number of hours, but it is a very important part of making kombucha. Adding your living SCOBY to hot tea will kill it, and your kombucha making will assuredly fail.

Add the entire contents of the culture packet to the sweetened, **cooled** tea. Add both the liquid kombucha and the solid culture. Cover your brew container with a cloth cover and secure the cover with a rubber band or string.

Now comes the hardest part of kombucha making – wait for the magic to happen. Kombucha grows fast at 80-85 degrees and much slower at cooler temperatures.

In a few days you will see a solid film grow on top of your batch. This is a new SCOBY forming. It will get thicker as the days pass and it may be white, brown, lumpy, bumpy, smooth or bubbly looking, and it will not necessarily be pretty. It may be slimy looking on the underside with strings of dark material. This is normal and the sign your SCOBY is growing well. It may float or sink. It will eventually grow into thick layers that can be separated.

Your kombucha is done brewing when you like the way it tastes. Taste a sample on day 7 and taste again every few days until you achieve the perfect flavor. It will continue to produce more tangy, kombucha flavor the longer it brews. Some folks like it light and sweet at 7 days. Others prefer the bold, tangy taste of kombucha at 28 days.

Once your kombucha tastes the way you like it there are two steps:

- 1) Store the SCOBY, or use it to make a new batch of kombucha.
- 2) Bottle and refrigerate your kombucha.

1) Store the SCOBY floating in a cup of the liquid kombucha, at room temperature, covered with a clean cloth, until you are ready to make a new batch. Or, you can store your SCOBY floating in kombucha, in a closed container, in the refrigerator for an extended period... Or, start a fresh batch.

The formula for each additional one-gallon batch is:

- One gallon boiling water
- One cup sugar
- 10-12 tea bags or 1 oz tea, bag it yourself
- One cup liquid kombucha
- One piece of solid kombucha culture – SCOBY

2) Once the SCOBY has been removed, you are ready to bottle your batch. Pour the kombucha into clean jars or bottles with tight fitting lids. It is not necessary to filter the kombucha. You may prefer to strain some of the dark solid material before bottling, but is not necessary. To increase carbonation, allow the newly bottled batch, sealed tight, to sit at room temperature for 24-48 hours, before refrigerating. Refrigeration stops the fermentation process. Your bottles should store in the refrigerator for months with the same delicious flavor and natural carbonation.

The new SCOBY that formed in your batch can be reused to grow an unlimited number of batches. SCOBYs grow rapidly, often doubling in size every four weeks or so. Share some with your friends.

A trace amount of alcohol may form during brewing. Typically alcohol content is less than ½%, but may exceed that amount. Kombucha is not recommended for pregnant women or small children.

Regarding mold:

With good sanitation, ventilation and a warm place to brew, mold on kombucha is very rare. Keeping your batch at least 80 degrees will decrease the chance of mold. Mold looks distinctly different than normal SCOBY growth. A normal SCOBY looks slick, wet, or slippery. Mold looks dry, powdery or fuzzy. If you get mold on your kombucha, do not drink that batch. Call or email us.

Common Myths About Kombucha:

- Myth #1** Kombucha is a high sugar drink. We know much of the sugar added at the beginning of the process is consumed during fermentation. A longer fermentation period equals less sugar in your kombucha. The finished product is fairly low in sugar at about 22 days old. The kombucha we brew has about 25 calories per 8 oz serving.
- Myth #2** Kombucha needs to grow in the dark. Just not true. It will grow in the dark or in light.
- Myth #3** Kombucha must never touch metal. You can safely use a metal knife to cut a SCOBY or use a metal strainer. However, metal is not recommended for prolonged contact.
- Myth #4** You need bottled water, or distilled water to brew kombucha. The public water supply in the US is safe to drink and safe to make kombucha with. If the water is your area tastes unpleasant, you might choose to use bottled water to improve the flavor of your kombucha. In Portland, we have delicious tap water, and we use it to make all the kombucha in our factory.

Have Fun Making Kombucha:

Making kombucha is an art. We recommend you get creative with your recipes, have fun! Try different types of tea or flavored tea. Add a little dried herbs or spices to your tea. Add a little fruit juice when you bottle. Granulated sugar produces consistent, delicious kombucha. If you want to experiment with other types of sweeteners, add the equivalent of 1 cup of sugar. You need enough sweetener to give the kombucha the food it needs to grow strong and healthy.

We recommend making your first batch following our recipe. Our kits have a very high success rate. Your first batch will produce extra SCOBYs and kombucha to use in making future batches. Experiment with the future batches any way you want.

We love to hear from you. Call or email anytime with your favorite kombucha recipes and formulas.

Phyllis and Summer Abbott

OREGON KOMBUCHA

oregonkombucha@gmail.com

4124 SE 60th Avenue • Portland, OR 97206 • (503) 477.4601

get more information at www.oregonkombucha.com

