

# | Kombucha

Kombucha is a fermented probiotic drink that has been consumed for thousands of years. It is made from black or green tea, sugar, and fermented with a SCOBY (Symbiotic Colony of Bacteria and Yeast). The SCOBY uses the sugar as food and the result is wonderful beneficial bacteria. **The final product is naturally carbonated making this a fizzy and tasty drink.**

## Helpful tips!

- Don't use antibacterial soap to clean your fermentation vessel.
- Make sure you're using filtered water that's free of chlorine and other contaminants that can harm your SCOBY.
- Don't add your SCOBY to hot or even warm tea.
- Don't add any herbs, spices, honey or anything else foreign that can harm your SCOBY, these always go in after you have bottled and removed your SCOBY.
- If you have more than one type of ferment food or beverage it is recommended to keep them separated, for example, not in the same cabinet.
- Refrain from purchasing your cultures from amazon or untrustworthy websites. (see below)

## What type of Probiotics are in Kombucha?

- **Beneficial Bacteria:** *Acetobacter*<sup>2</sup>, *Lactobacillus*<sup>2</sup>, *Pediococcus*<sup>2</sup>, *Gluconacetobacter kombuchae*<sup>2</sup>, *Zygosaccharomyces kombuchaensis*<sup>3</sup>
- **Beneficial Yeast:** *Saccharomyces*<sup>2</sup>, *Brettanomyces*<sup>2</sup>

## Helpful Websites:

- [www.Wsphealth.com](http://www.Wsphealth.com)
- [www.Culturesforhealth.com](http://www.Culturesforhealth.com)
- [www.thekombuchashop.com](http://www.thekombuchashop.com)
- [www.wildfermentation.com](http://www.wildfermentation.com)

## Helpful Books:

- **Wild Fermentation or the Art of Fermentation** both by Sandor Ellix Katz
- **Nourishing Traditions** by Sally Fallon
- **Gut and Psychology Syndrome: Natural Treatment for Autism, Dyspraxia, A.D.D., Dyslexia, A.D.H.D., Depression,**
- **Schizophrenia** by Natasha Campbell-McBride

## Supply list:

1. **1 large jar (1-2 gal whatever you can find)**
2. **Large stock pot**
3. **S.C.O.B.Y**  
(<http://www.culturesforhealth.com/kombucha-tea-starter-kit.h...>)
4. **1 c "Starter Tea" - either store bought Kombucha, or some from a friend! or White Vinegar**
5. **Black or Green Tea (Preferably organic). Can be flavored!**
6. **Organic Sugar (no bleach or "purifiers")**
7. **Filtered water**
8. **Coffee filter or tightly woven towel and a large rubber band**
9. **Smaller jars or bottles for 2nd ferment (optional)**
10. **100% juice for second ferment (optional)**

## Facebook Groups:

- "Fermenters Kitchen"
- "Real Food For Healthier Gut"
- "Wild Fermentation"
- "Kefir grains, scoby and others to share"

# | Step by Step

- Brew your sweet tea:** place  $\frac{3}{4}$  -1 cup of organic cane sugar in the large stock pot, fill it with hot tap water to dissolve the sugar (Hint: use the jar you are going to brew in with water to ensure you make the correct amount). Add in 8 tea bags or 8TBS if you are using loose leaf. LET THE TEA COOL TO ROOM TEMP!!!! ←VERY IMPORTANT
  - $\frac{3}{4}$  C SUGAR+ 8 TEABAGS/4QT WATER
- Once your tea is cooled:** Remove the tea bags or strain out the loose tea. **Stir in the starter tea.** (The starter tea makes the liquid acidic, which prevents unfriendly bacteria from taking up residence in the first few days of fermentation.) **Transfer to jars and add the SCOBY:** Pour the mixture into a 1-gallon glass jar (or divide between two 2-quart jars, in which case you'll need 2 SCOBYs) and gently slide the SCOBY into the jar with clean hands. Cover the mouth of the jar with a few layers tightly-woven cloth, coffee filters, or paper towels secured with a rubber band. (If you develop problems with gnats or fruit flies, use a tightly woven cloth or paper towels, which will do a better job keeping the insects out of your brew.) You can also use an Airlock lid if you prefer, but it is not necessary.
- Ferment for 7 to 10 days:** Keep the jar at room temperature, out of direct sunlight, and where it won't get jostled. Ferment for 7 to 10 days, checking the SCOBY periodically.
  - \*\*\*\* NOTE\*\*\*\*
  - It's not unusual for the SCOBY to float at the top, bottom, or even sideways during fermentation. A new cream-colored layer of SCOBY should start forming on the surface of the kombucha within a few days.**
- Once your Kombucha is ready:** Before proceeding, prepare and cool another pot of strong tea (repeat STEP 1). With clean hands, 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.
- Bottling the finished Kombucha:** Measure out your starter tea from this batch of kombucha and set it aside for the next batch. Pour the fermented kombucha (straining, if desired) into bottles using the small funnel. Leave approximately 1.5-2 inches at the top of each bottle/jar.
- Flavoring your Brew:** Now is your time to be creative! You can flavor your Kombucha with a variety of fresh fruit, dried fruit, herbs, vegetables, etc. along with any 100% fruit juice (NOT FROM CONCENTRATE), and spices.. Leave about a half inch of head room in each bottle once the juice is added. You will end up adding approximately 1TBS of juice, or the equivalent of fruit.
  - Some of my favorites are grated fresh ginger, concord grape juice, and orange/carrot/ginger combo.
- 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 BE CAREFUL opening your bottles, they can fizz up and overflow. After the Kombucha is fizzy to your liking, refrigerate to stop fermentation and carbonation process, and then consume your kombucha within a month.