

**START  
HERE!**

# KOMBUCHA

## ACTIVATING YOUR SCOBY

A SCOBY (symbiotic culture of bacteria and yeast) is where all kombucha starts. To get started with making kombucha, you first need to activate your dehydrated SCOBY.

# ACTIVATING YOUR SCOBY

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## Ingredients

- 1 dehydrated kombucha starter culture (SCOBY)
- 3 cups water free of chlorine and fluoride (bottled spring water)
- ¼ cup white or plain organic cane sugar
- 2 tea bags or 1 ½ teaspoon loose leaf tea
- ½ cup distilled white vinegar

## Equipment

- Glass jar (one quart)
- Rubber band
- Thermometer
- Plastic mesh strainer
- Coffee filter or tight-weave cloth
- Measuring cups

## ACTIVATING YOUR SCOBY

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1. In a glass jar or plastic container, prepare tea by combining 3 cups of hot water and  $\frac{1}{4}$  cup of sugar. Add the tea and steep at least 10 minutes.
2. Cool the mixture to room temperature (68-85°F). Remove the tea bags or completely strain the leaves from the liquid.



***PRO  
TIP!***

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Temperature is important for your SCOBY to thrive. Always keep your SCOBY between 68°F and 85°F. Any lower, it will take much longer to culture. Any higher, harmful bacteria will start to grow.

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## ACTIVATING YOUR SCOBY

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3. Add ½ cup distilled white vinegar to the liquid.
4. Add the dehydrated kombucha SCOBY.
5. Cover with a coffee filter or cloth secured by a rubber band and let culture at room temperature, for at least 30 days.

After 30 days, your SCOBY is ready to start making batches of kombucha! As long as it smells and tastes pleasant, the tea from this activation batch is safe to consume.

## KOMBUCHA PH

A drop in pH is a good indicator that the bacteria and yeast are at work. We recommend a target pH of approximately 3.6 at the end of the 30 day activation period.

Here's how to use the strips included with your SCOBY:

1. Dip test strip into test solution for 1-2 seconds
2. After 10-15 seconds, compare with below color scale. Do not let test strip dry before comparing.
3. Kombucha pH should be 3.6 or lower at the end of the 30 day activation period.



# ONCE YOUR SCOBY HAS BEEN ACTIVATED:

Once your SCOBY has been activated, use the ingredient amounts in the chart below when making your first, and subsequent, batches of kombucha.

## Ingredients

BATCH SIZE	batch one	regular batches	
	QUART	1/2 GALLON	GALLON*
HOT WATER <small>Cups</small>	2-3	6-7	13-14
SUGAR <small>Cups</small>	1/4	1/5	1
LOOSE TEA <small>tsp.</small>	1 1/2	3	6
VINEGAR <small>Cups</small>	1/2	-	-
TEA FROM PREVIOUS BATCHES <small>Cups</small>	1/2	1	2

\*For gallon-sized batches, we recommend brewing 2-3 smaller batches first

**START HERE:** Use these ratios until a baby SCOBY starts to form at the top of your tea. It will look like a thin film floating at the top of the liquid.

# DIY KOMBUCHA

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For each of the following steps, use the ratios provided in the chart on page 5.

1. In a glass jar or plastic container, prepare tea by combining hot water and sugar. Add the tea and steep at least 10 minutes.
2. Cool the mixture to room temperature (68-85°F). Remove the tea bags or completely strain the leaves from the liquid.
3. Add distilled white vinegar and starter tea from a previous kombucha batch to the liquid.

## DIY KOMBUCHA

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4. Add an active kombucha SCOBY.
  5. Cover with a coffee filter or cloth secured by a rubber band and let culture at room temperature for 30 days, or until a secondary SCOBY forms. The longer the kombucha ferments, the less sweet and more tangy it will taste.
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***PRO  
TIP!***

Be sure to retain the SCOBY and enough liquid from the bottom of the jar to use as starter tea for the next batch.