

*searching for*

INFINITE-TEA?



*look no further*

**A guide to brewing  
your own kombucha.**

# What is kombucha?



Kombucha is a fizzy, slightly sweet and tart fermented tea that has been around for a LONG time. It is thought to have found its origins in China in the 200's BC! Kombucha has long been enjoyed for its many health benefits and bold, delicious taste. Every glass is packed with probiotics, acids, enzymes and all kinds of vitamins and minerals which help maintain a healthy and happy tummy!

**Enjoy your kombucha tea!**

# Equipment

1. Our Proprietary Kombucha Brewing Jar
2. Elastic Cloth Cover
3. Tea Steeping Bag
4. Organic Black Tea
5. Organic Cane Sugar
6. SCOBY or Claim Code Ticket

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6



## Other Recommended Equipment

- Stock pot or electric kettle
- 8-10 swing top bottles or our Kombucha Bottling Kit  
\*do not use mason jars
- Funnel for bottling
- Measuring cup

## Clean Your Equipment

One of the most important steps in this process is properly cleaning your equipment in a way that protects against wild bacteria while still preserving the good bacteria needed for fermentation. Use warm water & soap that is NOT antibacterial (most dish soaps work) when washing your jar, cloth, bottles & other equipment. **NEVER** pour boiling water into the glass jar.



# Brewing

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1. Bring 4 cups of water to a boil in a pot. Once a boil is achieved remove from heat. You can also use an electric kettle to boil water if you'd prefer. Let cool 2 minutes.
2. Add tea to the drawstring bag and steep in the pot of hot water for 15 minutes.
3. Give the tea a good squeeze before discarding the leaves.
4. Add sugar to the pot of hot tea and stir to dissolve. Let cool to room temperature.
5. Once sweetened tea reaches room temperature, pour it into the glass brewing jar. If using a jar with a valve, make sure it is closed before filling. **NEVER pour boiling hot liquid into the glass jar.**
6. Add SCOBY and starter tea to the jar. Add cool water until you reach the 1 gallon fill line.
7. Place the elastic cloth cover on the jar.

# Fermentation

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Kombucha needs to ferment out of direct sunlight at a temperature between 70-85°F with access to plenty of fresh air (no closets or cabinets). Temps below 70°F can leave your booch prone to mold growth, so insulate the jar with a towel, blanket or a heat wrap if need be. Be sure to ferment away from house plants, produce, trash or compost. Ferment your kombucha for 7-14 days. Your first few batches can benefit from a longer fermentation - this helps create strong starter tea. We recommend tasting with a clean spoon on day 7. If using a jar with a valve, you can sample from the spout instead. If you like the flavor, proceed to bottling. If you prefer it more tart, continue fermenting and tasting daily until it's just right. Your SCOBY will grow and change during fermentation. If you have concerns about its appearance review our FAQs online (scan the QR code) or email us at [support@craftabrew.com](mailto:support@craftabrew.com) before discarding anything!

# Salvage Your SCOBY

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Before bottling or adding any flavor you need to remove your SCOBY(s) from the jar and set aside. The SCOBY will have grown to fit the jar and may have multiplied, the layers may or may not be attached. Remove all SCOBYs from the jar with clean hands and place in a clean bowl while you bottle. If using a jar with a valve, you can leave the SCOBY in the jar while you bottle. You need to reserve 2 cups of your fermented kombucha - this is starter tea for your next batch. You can use a measuring cup to remove this starter tea before bottling OR use the 2 cup volume marker on the jar. Once your kombucha is bottled, store the SCOBY(s) and 2 cups of reserved kombucha in the covered jar at room temperature. You can brew another batch right away OR store the starter tea & SCOBY in the covered jar for up to 4 weeks before brewing another batch.

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# Bottling



After fermentation, you can carbonate and flavor your kombucha. Fruit, herbs and flavors should only ever be added to bottles and never touch the SCOBY. There are a few bottling options outlined below, but we highly recommend adding fruit to your bottles because the natural sugar helps with carbonation.

A

If you prefer a still, flat kombucha you can bottle and refrigerate immediately. Only trace amounts of carbonation will have developed during fermentation and kombucha won't carbonate in a cold fridge.

B

If you prefer plain fizzy kombucha, fill bottles and leave only about 1" of head space. Fuller bottles carbonate quicker. Store bottles at room temperature for 3-5 days before "burping" one to test the carbonation level. If you hear a hiss, it's ready to chill. No hiss? Re-seal the bottle and burp again in 2-3 days. Without added sugar from fruit, plain kombucha will take slightly longer to carbonate.

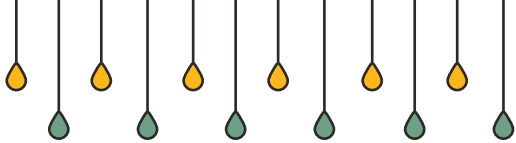
C

If you prefer flavored fizzy kombucha, add ingredients directly to your bottles before filling with kombucha. Leave only about 1" of headspace. Age 2-3 days before burping a bottle to test for carbonation. Refrigerate once the fizz is to your liking. Review our flavoring tips in the next section.

However you decide to bottle your booch, we always recommend using glass bottles (like swing-top bottles). You can find them at craft stores or your local homebrew shop. You can also use our Kombucha Bottling Kit, which includes eight 16oz reusable bottles and caps designed specifically for kombucha carbonation. Do not use mason jars or plastic bottles to carbonate your kombucha.

1. Rinse bottles with water to remove dust, sediment or other potential contaminants.
2. Wash bottles with warm water and soap that is NOT antibacterial.
3. Add desired flavors to each bottle and top with fermented kombucha to fill. We recommend using a funnel when pouring, but if your fermenter has a valve you can bottle directly from the spout.
4. To carbonate, store sealed bottles in a dark, room temperature place. Kombucha will not carbonate in the fridge. Once sufficiently carbonated, bottles should be immediately refrigerated to lock in the fizz and flavor. Otherwise, pressure will continue to build and the flavor will grow more tart.





# Flavoring

The sky's the limit when creating kombucha flavors and recipes. Typically we'll pair one or two fruits with an herb or a spice, but don't shy away from using juice, flowers, chia seeds or other ingredients! You can use a different flavor combo in each bottle for variety or make a full batch of one flavor. Just be sure to follow these guidelines:

- You can use fresh, dried or frozen fruit. We do recommend finely chopping fruit to increase its surface area for maximum flavor. Cut into matchsticks, grate, slice or puree.
- If you prefer to use juice instead of whole fruit, fresh squeezed is recommended over bottled whenever possible. If using bottled, be sure that it contains 100% fruit juice. Use a ratio of 10% juice and 90% kombucha per bottle.
- Herbs and spices are a matter of personal taste, but a little goes a long way. You can always add more, but you can't take flavor away. Keep in mind that dried herbs are more potent than fresh.
- Write everything down! Keep a brew journal of your recipes and exact measurements so you can recreate your favorite combos or tweak them in the future.
- Natural sugar from added fruit will accelerate the carbonation process. If your recipe doesn't involve much fruit you might consider adding a small amount of honey, maple syrup, sugar or even kiwi juice to each bottle to aid in carbonation. Some amount of sugar is needed in order to create fizzy kombucha.

## WARNING!

Don't forget about your bottled kombucha! Flavors will grow more tart and pressure will continue to build if left at room temperature for too long. To avoid bottle bombs, you should test carbonation levels every few days by "burping" the bottles and listening for a hiss. Do not store bottles in a warm place, otherwise they'll overcarbonate or burst. Once carbonated to your liking, all bottles should be refrigerated immediately.





# A Word on Alcohol

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During fermentation & carbonation, the yeast and bacteria from the SCOBY will convert sugars into acids, CO2 and trace amounts of alcohol. The ABV clocks in below 0.5%, which is comparable to a non-alcoholic beer. While there is technically alcohol in your booch, don't worry - it's not enough to get you buzzed.

# Looking Ahead to Your Next Batch

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With the equipment and SCOBY in this kit, you can continue brewing kombucha for infinite TEA! Your SCOBY is reusable and will grow with each fermentation. You can ferment with up to 3 SCOBYs, but if the culture becomes thicker than 2" you should peel away and discard the oldest under-layer(s). Be sure to save 2 cups of fermented kombucha from each batch to jumpstart the next. All you need is 1 cup of sugar and 6 tsp (or 6 bags) of black tea. Find ingredient refills on our website or use your own caffeinated tea (no herbal tea or flavored tea).

# Need Assistance?

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Explore our Kombucha FAQs at [craftabrew.com/boochFAQ](http://craftabrew.com/boochFAQ) or by scanning the QR code below. We have plenty of useful tips, tricks and answers to your kombucha questions. If you don't find what you're looking for, contact us at [support@craftabrew.com](mailto:support@craftabrew.com)! If you're ever concerned about your brew please email us before discarding anything!



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