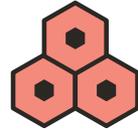


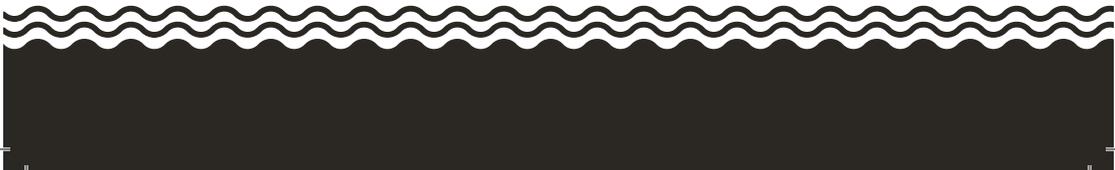
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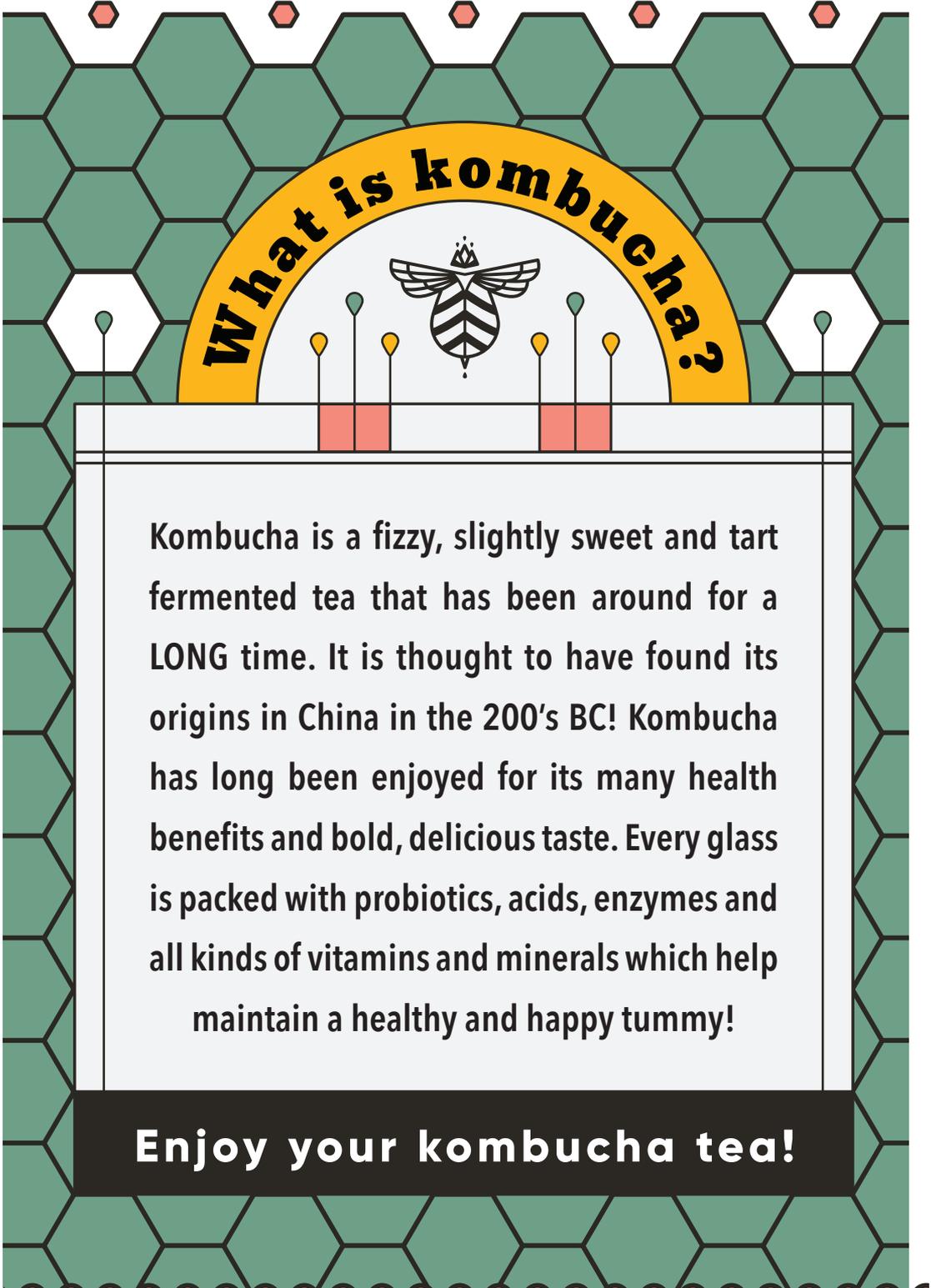
INFINITE-TEA?



look no further

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





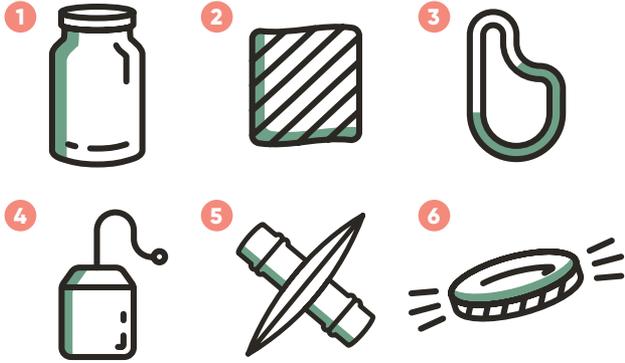
What is kombucha?

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. Jar
2. Cloth
3. Rubber Band
4. Organic Tea
5. Organic Sugar
6. SCOBY or claim code ticket



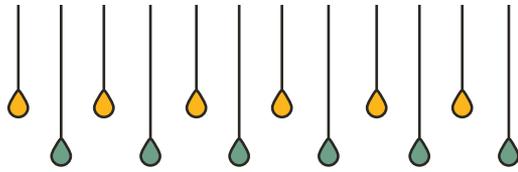
Other Recommended Equipment

- Pot (over 1 quart)
- Swing top bottles (10) or our Kombucha Bottling Kit
- Funnel for bottling
- Measuring cup

Sanitation

The most important part of the kombucha making process is properly sanitizing your equipment. If any outside bacteria get in to your brew they will grow and make your kombucha undrinkable. Be sure to use soap that is NOT antibacterial when cleaning equipment, as this will kill all of the positive bacteria that kombucha needs to thrive.

Brewing



1. Pour 4 cups of water into your pot & bring to a boil. Once a boil is achieved remove pot from heat.
2. Let cool for about 2 minutes. Add organic black tea to the included bag, then add to the pot. Steep in the hot water for 15 minutes.
3. After steeping, remove tea bag from pot and give it a good squeeze to remove any excess water and discard.
4. Add sugar to pot and stir to dissolve.
5. Add 9 cups of cool filtered water directly to the glass jar then pour contents from pot into the glass jar.
6. Once liquid in jar is room temperature, add SCOBY & the liquid (starter tea) from its pouch to the jar. Add more water to the jar if necessary to get to about 4 inches below the top.
7. Cover jar with the included cloth & secure with the rubber band.

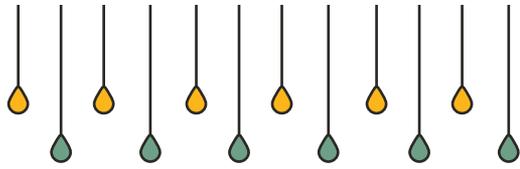
Fermentation

Be sure to ferment out of direct sunlight at a temperature between 70 - 85°F with access to plenty of air (no closets). Your kombucha will ferment for 7 - 14 days. We recommend tasting your kombucha with a clean spoon at day 7. If you like the flavor, move on to bottling. If you prefer it to be stronger continue fermenting.

Salvage Your SCOBY

Before bottling you will need to remove your SCOBY from the jar and save it for future batches. This one SCOBY will help you ferment kombucha for a lifetime! You may notice that the SCOBY has grown or multiplied - this is normal. The original "mother" SCOBY will have created a "baby" SCOBY during fermentation. They may remain attached or may have separated. Either way, remove both from the jar with clean hands. (Note: do not wash your hands with antibacterial soap, as this could kill the SCOBY.) Place in a clean bowl while you bottle. Leave roughly ½ cup of liquid in the jar - this will serve as "starter tea" for your next batch. Once your kombucha is bottled, return the SCOBY to the jar with the reserved liquid and cover with the tight weave cloth and rubber band. Store in a cool, dark place until you're ready to use it to make another batch of kombucha. All you need is more sugar and tea to start your next fermentation!

Bottling



After fermentation & after your SCOBY is removed, your kombucha is ready to bottle. There are a few options for bottling:

A

If you want to drink your kombucha right away, you can bottle, immediately refrigerate & drink. Only trace amounts of carbonation will have developed during fermentation, so your finished kombucha will be nearly flat.

B

If you prefer a fizzier kombucha, you can bottle and store in a dark place at room temperature for 2-3 days before refrigerating. Be sure to fill bottles sufficiently, leaving about 1" of headspace. Fuller bottles mean more carbonation. Be sure to not forget about them, if they stay at room temperature for too long pressure can build and burst the bottles!

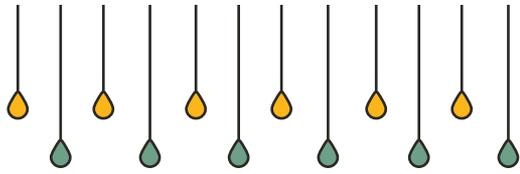
C

If you'd like to add fruit or herbs to flavor your kombucha you can add these directly to your bottles before filling with kombucha then age for 2-3 days before refrigerating. Find flavoring tips in the next section!

However you proceed, we recommend using swing top bottles. You can ask for extras at a bar or pick them up from your local home-brew shop. Another option is using our Kombucha Bottling Kit, which includes ten 12 oz Stout Bottles and caps.

1. Rinse bottles with warm water and make sure there isn't any sediment or other potential contaminants.
2. Wash bottles (do NOT use antibacterial soap).
3. Pour your finished kombucha into bottles. We recommend using a funnel & doing this over the sink.





Flavoring

If you plan to add fruit &/or herbs to your kombucha you'll want to first decide on a flavor. Typically, we like to add one or two fruits with an herb or spice. The sky's the limit, so have fun with it! Just be sure to follow our rules of thumb:

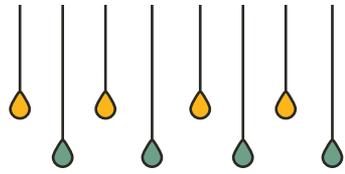
- If you're adding fresh juice (recommended over concentrate) use a ratio of about 10% juice and 90% kombucha per bottle.
- You can also add chopped up fruit directly to the bottle. We recommend finely chopping the fruit to ensure the maximum amount of surface area contact with the kombucha for maximum flavor.
- Herbs are a matter of personal taste. It's best to add a little at a time, wait a day and taste to see if you prefer more intensity. Dried herbs are more potent than fresh, so be careful when using dried. Remember, it's always easy to add more, but you can't take flavor away!
- Write everything down! Remembering recipes and keeping a log is the best way to remember how much of what ingredient gives you the flavor your looking for.
- Once your flavor is added seal the container and put it in a dark place and let it work its magic! The remaining sugar and the extra sugar from the fruit will feed the yeast and will create carbonation after a couple days to give you that fizzy goodness you're looking for. After 2-3 days put all of the bottles in the refrigerator to halt carbonation.

WARNING!

Be sure to not leave your sealed bottles at room temperature for more than 3 days, carbonation can continue to build and burst the bottles if not refrigerated! We recommend tasting a bottle after 3 days to see if carbonation levels are to your liking. If you want it fizzier, continue to store at room temperature for 2 more days and test again.



A Word on Alcohol



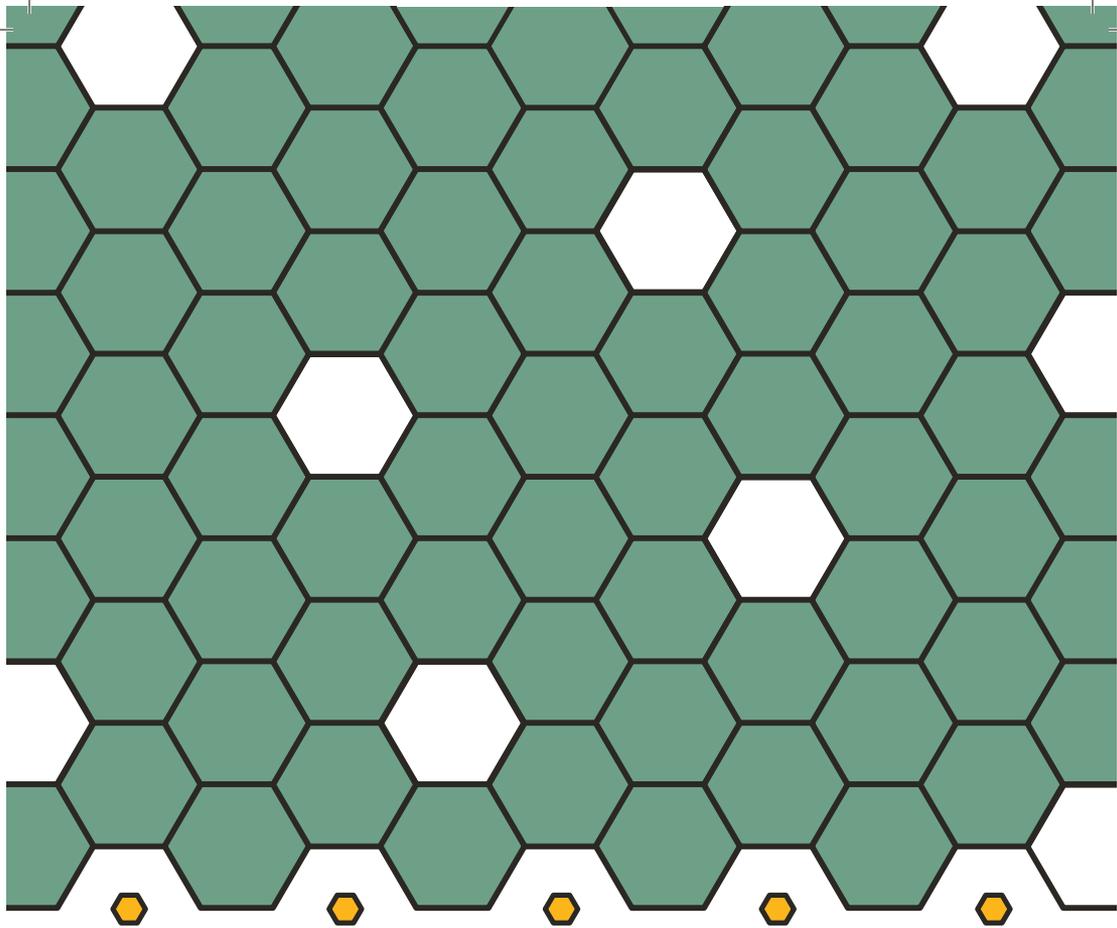
It just so happens that the yeast that's eating up the sugar and making wonderful CO2 is also creating alcohol at the same time. If you want to make sure your kombucha doesn't become alcoholic & stays well below 0.5% ABV, ferment for a shorter period (around 7 days) before bottling.

Looking Ahead to Your Next Batch

With the equipment and SCOBY in this kit, you can continue brewing kombucha for infinite-TEA! All you'll need is new sugar and tea to start new batches. Find ingredient refills on our website or experiment with your own tea blends. Be sure to salvage your SCOBY after each use. With each fermentation you'll notice it grow and change - this is normal.

FL.
MADE





▶ *visit us online* ◀

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