



KOMBUCHA MAKING GUIDE

for the Masontops Complete
Kombucha Starter Kit

Masontops[®]



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The Masontops Complete Kombucha Starter Kit provides the tools, supplies, and guidance to start making your own kombucha at home.

This guide was made in conjunction with Cultures for Health and will explain what kombucha is, the benefits of drinking it, and how to make it at home with your new Masontops Kombucha lid and SCOBY. At the end of this guide, we've included a discount code you can use to purchase a 2-pack of Kombucha Lids to triple your batches or try out our Complete

Water Kefir Starter Kit.

Masontops focuses on making accessories for Mason jars, with a special emphasis on health and wellness. Founded in 2014, Masontops has been recognized as Canada's 8th Fastest Growing Start Up and has since grown to offer hundreds of different products. Headquartered in Toronto, Masontops strives to offer quality, unique products, all designed in-house.





WHAT IS KOMBUCHA

Kombucha is a fermented beverage with a tangy, tart taste and is made through a fermentation process with sweet tea and a SCOBY (symbiotic culture of bacteria and yeast). Kombucha is an ancient drink from 221 BC, originating in China. It was referred to then as “Tea of Immortality,” and has regained popularity because of its health benefits and good taste.

WHY MAKE KOMBUCHA



Kombucha is rich in probiotics and is loved for its unique taste and digestive benefits. Once the sweet tea is fermented into kombucha, it can be flavored in oodles of combinations. The activated SCOBY can be used again and again to make endless amounts of kombucha.

With the Masontops system, you can continually have kombucha fermenting and reuse the Kombucha Lid, replacing expensive store-bought kombucha from your grocery list, for years of use.

HOW TO MAKE KOMBUCHA

1
**activate
SCOBY**

2
**brew
kombucha**

3
**flavor
and
bottle**

To make kombucha, first the dehydrated SCOBY in your Complete Kombucha Starter Kit needs to be activated. Then that SCOBY is used to ferment sweet tea into kombucha. At that point the kombucha has probiotics and other digestive benefits and can be consumed. Alternatively, it can be flavored and bottled for a second fermentation. This third step will add fizziness, like store bough kombucha, but is not necessary.

SUPPLY LIST FOR SCOBY ACTIVATION

1. Large wide mouth Mason jar
2. 3 cups of boiling water (chemical-free)
3. 1/2 cup distilled white vinegar
4. Dehydrated SCOBY (included)
5. Cane sugar (included)
6. Black tea bags (included)
7. Kombucha Lid (included)



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CHOOSING WATER

Your water should be free of chlorine, chloramine, and fluoride. Chlorine can be evaporated out of water through a 20-minute boiling process or by leaving it out for 24 hours, but chloramine and fluoride cannot be evaporated.

If your tap water contains chloramine and/or fluoride, it's best to use bottled spring water to make your kombucha.



STEP-BY-STEP SCOBY ACTIVATION

Now that you have your supplies clean and ready, it's time to activate your dehydrated SCOBY into an active and live culture.

1. Add your cane sugar to a wide mouth Mason jar and add 3 cups of boiling water to dissolve the sugar.
2. Add the two tea bags and steep for 12 minutes.
3. Once the sweet tea is between 68°- 85°F, mix in 1/2 cup vinegar and add the dehydrated SCOBY.
4. Place the screen disc of the Kombucha Lid on the mouth of the Mason jar and then secure it with the gray screw band.
5. Culture in a warm spot (68° - 85°F) undisturbed and away from direct sunlight for 30 days.

SUPPLY LIST FOR KOMBUCHA BREWING

Now that your SCOBY is active, it's time to brew your kombucha (A.K.A. ferment sweet tea with your SCOBY). Your newly activated SCOBY likely won't look much different than it did 30 days ago. It will take a few batches for it to begin to thicken and grow a baby SCOBY on the surface of the kombucha.

Each time you brew a new batch of kombucha, tea from your previous batch will be added (this includes the tea that was used to activate your SCOBY). Make sure you're always setting aside enough kombucha to begin a new brew: don't drink it all! The tea from your activation batch is too vinegary to drink, but great for salad dressings.



SUPPLY LIST FOR KOMBUCHA BREWING cont'd

1. Quart-sized wide mouth Mason jar
2. 3 cups boiling water (chemical-free)
3. 1/4 cup cane sugar
4. 2 tea bags
5. 1/4 cup distilled white vinegar
6. 1/4 cup tea from activation batch
7. Kombucha Lid

STEP-BY-STEP KOMBUCHA BREWING

1. Add your cane sugar to a wide mouth Mason jar and add 3 cups of boiling water to dissolve the sugar.
2. Add the two tea bags and steep for 12 minutes.
3. Once the sweet tea is between 68° - 85°F, mix in 1/4 cup vinegar, 1/4 tea from the activation batch, and add the SCOBY.
4. Place the screen disc of the Kombucha Lid on the mouth of the Mason jar and then secure it with the gray screw band.
5. Culture in a warm spot (68° - 85°F) undisturbed and away from direct sunlight for 7 - 30 days.

Once you're happy with the taste, you can drink your kombucha or prepare it for a second fermentation to add carbonation (see page 8). Either way, you'll need to begin preparing for a fresh batch of kombucha. It's best to keep using your new SCOBY so it can mature and adjust to your brewing methods. The above recipe only applies to new SCOBYs that haven't developed a baby SCOBY yet. Keep reading to learn how to adjust for a mature SCOBY and how to increase the volume of your brew.

TASTE?

Kombucha should be tangy, sour and clean tasting. **Never drink anything that smells or tastes bad.**

Find it too sweet? Ferment your kombucha longer. Sugar gets eaten away during the fermentation process.

ADJUSTING FOR A MATURE SCOBY

The recipe on page 5 will work for you up until your kombucha has started growing a baby SCOBY, which may be as soon as your second brew. This baby is an indication that your SCOBY is healthy and thriving, which means you can up the volume of your brews. Once it grows, you can follow the chart below for your next kombucha batch, following the same steps as on page 5, just with no added white vinegar.

BATCH SIZE	QUART	HALF-GALLON	GALLON
INGREDIENTS HOT WATER (CUPS)	2 - 3	6 - 7	13 - 14
SUGAR (CUPS)	1/4	1/2	1
LOOSE TEA (TSP)*	1 1/2	3	6
TEA FROM LAST BATCH (CUPS)	1/2	1	2

Not sure if you've grown a baby SCOBY? It's a cloudy layer of yeast that forms on the surface. It can take on a number of appearances, and sometimes gets mistaken for mold. The baby will be rubbery, never fuzzy, and usually have a white or light beige color. You can use the baby to make more kombucha (it will grow into a healthy mother) or give it away. There's a number of clever ways to make use of them, including turning them into candy, that you can find online.

TAKE A BREAK

To take a short break from making kombucha (less than 6 weeks), you can just prep a batch of kombucha and leave it to brew for 6 weeks or less with your Kombucha Lid. The tea will be extremely vinegary after and is best used in salad dressings or discarded.

For longer breaks, prep again as if you're making a fresh batch of kombucha, add your SCOBY and Kombucha Lid., and refresh the tea every 6 weeks by discarding some of the old liquid (leave at least 20%) and stir in fresh sweet tea. You can store multiple SCOBYs together like this.



SUPPLY LIST TO FLAVOR & BOTTLE

1. Brewed kombucha
2. Flavoring (fruit, juice, herbs)
3. Grolsch bottle

STEP-BY-STEP FLAVOR & BOTTLE

This step is also called the second fermentation. The kombucha will continue to ferment, eating away remaining sugar in the tea and sugar in the flavoring, creating gas bubbles. Make sure your bottles are in perfect condition because the pressure from the gas can cause cracked bottles to explode. The pressure can get very powerful, so it's important to follow instructions and never leave out kombucha to ferment for too long. We recommend opening the bottles over the sink or with a tea towel to prevent any mess.

1. Add your flavoring to the bottle and fill the bottle with kombucha, leaving about 1 inch of head space. Refrigerate now if you don't want carbonation.
2. Close the bottle securely and let it sit at room temperature for 2 - 14 days or until the kombucha carbonates. *Test the kombucha every 24 to 48 hours to assess the flavor and release gas pressure.*
3. Refrigerate until chilled, then serve.

TIPS FOR FLAVORING KOMBUCHA

Fruit Juice The easiest way to flavor! Cranberry, lychee, and lemon are easy options. Keep your percentage at 10% - 20% juice.

Fruit Add dry, fresh or frozen fruit. Keep the percentage at 10% - 30% fruit. Dried fruit can be left to ferment up to a week, but fresh/frozen should be changed out every 24 hours.

Herbs Try adding spices and herbs, like cayenne pepper or mint. Vanilla is also a popular choice: add 1/4 tsp extract per cup of kombucha.

10% DISCOUNT

Get 10% off Masontops fermenting beverage products, including kefir and kombucha kits!



THANK YOU FOR YOUR PURCHASE



KEFIR LIDS
AND KITS

2-PACK
KOMBUCHA LIDS

We hope you enjoy your new Masontops product and the benefits homemade kombucha has to offer.

If you want to start making more fermented drinks or give a kit as a gift, you can use coupon code "MTDRINKS" to get 10% off all Masontops kefir and kombucha products in the Genuine Essentials Amazon store.

Never tried water kefir? It has a more mild taste than kombucha, but is loaded with probiotics and has shorter fermenting times.

SHOP NOW