



01

In a medium-sized pot, bring 4 cups of filtered water to a boil, then turn off heat.



02

Pour entire contents of the tea blend pouch (3 tbsp) into the cotton tea bag and add to pot. Hold onto the empty tea blend pouch—you'll need it later to complete your Brew Notes.



03

Let the tea steep for 5-7 minutes, then remove the tea bag and discard tea leaves. Rinse and air dry tea bag for next use.



04

Add entire contents of organic sugar pouch (1 cup) into the pot and stir.



05

Once the sugar has dissolved, pour your newly made sweet tea mixture into the 1-gallon brew jar.



06

Fill the brew jar with 8 cups of **cold, filtered** water. (Jar should now be 3/4 full).



07

Adhere the temperature gauge to the side of the jar and ensure the temperature reads between 68-86°F. If it's still too warm, add a 1/2 cup more of cold water.



08

Add entire contents of the kombucha culture and liquid starter pouch to the jar. Gently stir.



09

Follow directions on back of pH test strips color chart to conduct pH test. It should read 4.5 or below.



10

Cover the jar with the cotton cloth and seal with the rubber band. Set the plastic jar lid aside. It is not needed for the brewing process.



11

Using the wet erase marker, fill out your Brew Notes feature on the side of your brew jar. I.D. your brew by a name and/or number, date it, and see your tea pouch label for the amount and type of tea used in this kit.



12

Place your brew jar in a warm place, out of direct sunlight, with plenty of airflow (no closed cupboards). Leave it there for 8-10 days and do not move it.



13

By day 8-10, you will see that a new, cream-colored layer has grown in on the top of your brew. This is your new culture! While trying not to disturb the culture, gently slide the pipette down along the side of the jar and into the brew. Pull out a sip of the kombucha to taste test.



14

Taste every few days until your ideal kombucha flavor is reached. Too tart? Simply sweeten during bottling and brew for fewer days next time. Too sweet? Put the cloth back on and let it brew a few more days. Once it's to your liking, use your pH test strips to verify it's between 2.5-3.5, the ideal pH range for finished kombucha.

Now that your kombucha is done, high five someone! And turn to our [Post Brewing Guide](#) for detailed next steps.

Temperature Tips

- Always keep your kombucha brew between 68-86°F (the ideal is 76°F)
- If your home is too cold, place your brew jar near a heating vent, on a high shelf, or use one of our custom fit heating wraps to keep it warm
- If the brew jar is resting on top of your refrigerator or a cold countertop, place a small towel or cutting board underneath for insulation

Most kombucha brews reach their optimum flavor between 7-21 days, depending on the temperature. The colder your brew is, the longer it will take to ferment; the warmer it is, the faster it will ferment

Keep It Clean

- Place your brew jar in a low traffic location, away from food preparation, trash, or plants
- When finished brewing, clean your brew jar and bottles with hot water and a little vinegar or soap (do not use antibacterial soap)

Looks Strange? Don't Worry!

When your new culture grows in across the top of your brew jar over the first few days, it will look iridescent at first, then grow thicker and creamier in color with each passing day.



Your culture will likely have brown, stringy, or blob-like debris attached to it—this is the yeast, a necessary and healthy by-product of the fermentation process. Your culture may also:

- Be bumpy or smooth
- Have clear dots or bubbles
- Float on the top, sideways, or sink to bottom of the jar

All of these are normal features of a culture! Kombucha cultures are very resilient and easy to care for. If your brew isn't progressing as it should, please visit the [Brew Q&A](#) page on our website. Or, email us a picture at questions@thekombuchashop.com and we'll help troubleshoot.

A Word on pH

Fermentation is one of nature's oldest methods of food preservation. The low pH level of kombucha is what protects it from harmful microbes. The pH test strips are a teaching tool. They offer peace of mind to new and experienced brewers alike that their kombucha is progressing as it should.

Tea & Sugar

For every gallon of kombucha you brew, use 1 cup of refined sugar and 3 tablespoons of loose leaf caffeinated tea (or 6-8 caffeinated tea bags). You can brew kombucha using black, oolong or green tea—a blend of these works nicely.

Avoid using teas with added flavors and oils as they can damage your culture and encourage mold growth. The Kombucha Shop sells a custom line of traditional and flavored teas that are specifically made for kombucha brewing.

Kombucha cultures have evolved to feed on refined/granulated sugar. We recommend using plain white sugar or evaporated cane juice for optimum results. Do not try to use alternatives such as honey, stevia, coconut sugar, brown sugar, turbinado, or sugar in the raw—these are too difficult for the culture to break down and process.

Keep in mind, with an average 2-week brewing time, the culture has processed out a large majority of the sugar, leaving you with a healthy, delicious, and low-sugar beverage.

Brew Notes

The Brew Notes feature on the side of your jar is an important tool for keeping track of each one of your brews. By observing how long each brew takes, and which teas you prefer, you'll be able to better hone your brewing skills. Being able to identify each batch becomes even more useful when you add multiple brew jars to your kitchen.

For more brewing tips & supplies visit
WWW.THEKOMBUCHASHOP.COM