

Welcome to the family



Thank you for your purchase and welcome, on your exciting journey, to better Gut Health and Vitality!

As much art as science, give yourself the time and permission to be a beginner, to have more questions than answers and the faith that you can - and will - figure this out.

Through patience and persistence, you are bound to be successful!

JUN KOMBUCHA / INSTRUCTION SET

You'll Need

- ✓ 1 Jun Kombucha starter (including the 100ml of starter liquid) ([link](#))
- ✓ 2 organic green tea bags (or loose leaf equivalent) ([link](#))
- ✓ 1/3 cup of honey (we recommend organic raw honey) ([link](#))
- ✓ Kombucha Jar ([link](#))
- ✓ 1 litre of water

Getting started

1. In a pot, bring water to boil
2. Add teabags or loose leaf tea
3. Turn off heat and let tea steep for 5 minutes before removing teabags (or straining tea leaves)
4. After the tea has cooled to room temperature, add honey and stir to dissolve
5. Pour into your Kombucha jar
6. Add your Jun Kombucha starter, along with all the starter liquid to the jar
7. Mix well and cover with a breathable cloth
8. Place your jar on the counter out of direct sunlight or in a cupboard (preferably between 20 to 24 °C)
9. Leave your jar to ferment for 7 to 14 days* (Jun Kombucha will ferment faster in hot weather)
10. Once a new scoby has formed and you are happy with the taste of the Jun Kombucha, pour into a glass container and refrigerate for consumption
11. Be sure to reserve 100ml of the fermented kombucha as well as the new scoby to start another batch

★ Knowing when fermentation is complete takes practice

Taste your Jun Kombucha after 3 days to familiarise yourself with the taste. Ideal Jun Kombucha should taste pleasantly sour and faintly sweet.

The longer you leave it, the sugars ferments out and the brew will taste more sour/tart.

A new scoby will form after 10 to 14 days - sometimes, scobys fall in love and stick together... simply tear off the new Scoby and use it in your new batch.

Second Ferment (carbonated Jun kombucha)

1. Add 1 part fruit juice to 9 parts fermented Jun Kombucha in a jug and mix well
2. Place your mixture in a glass bottle [link](#) and cap tightly
3. Place bottle in cupboard or on a bench at room temperature
4. Leave to ferment for 1 to 2 days
5. Transfer to a refrigerator to chill and serve

Voilà
Second ferment complete!
You can drink or refrigerate
for a fizz fix!

CAUTION! Always be careful when opening the lid after fermentation. Due to the amount of pressure generated, there is a risk that cheap bottles can explode so: Always use a good quality glass bottle!

We recommend our range of Second Ferment Bottles, for their safety and quality [\(click to view\)](#)

How much should I have?

We recommend consuming up to one cup per day for gut health benefits

How to store

When not fermenting, Jun kombucha scoby can be stored at room temperature in a scoby hotel with Jun kombucha.



Thank you for being awesome! Scoby's (Symbiotic Cultures Of Bacteria and Yeast) come in all shapes and sizes. Your weird looking scoby is just as pretty as everyone else's, and the vast majority of the time they are perfectly normal - check out the Nourishme Organics Gut Health Guru's facebook group if you want to compare, have any doubts or ask any questions that aren't in these instructions.

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