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!

KOMBUCHA / INSTRUCTION SET

You’ll Need
- 1 Kombucha Scoby (link) or Kombucha Starter (link)
- ¼ cup good quality sugar (organic rapadura recommended)
- 1 litre of water
- 2 Organic black tea bags (or loose leaf equivalent)
- Kombucha Jar (link)

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. Add sugar and stir to dissolve
5. Allow the sugar tea to cool to room temperature and pour into your Kombucha Jar
6. Add your Kombucha Scoby or Kombucha Starter piece, along with all the starter liquid to the jar
7. Mix well and cover the jar 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 10 days* (Kombucha will ferment faster in hot weather)
10. Once a new scoby has formed and you are happy with the taste of the 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

Voila
First ferment complete - well done!
You can now drink the Kombucha as is, refrigerate or choose to second ferment your batch; See below
Carbonating kombucha makes it fizzy and fruity, it’s tasty and easy to do, have a read!

Knowing when fermentation is complete takes practice

Taste your Kombucha after 3 days to familiarise yourself with the taste
Ideal kombucha should taste pleasantly sour and faintly sweet
The longer you leave it, the sugar ferments out and the brew will taste more sour/tart
A new Scoby will form after 7 to 10 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 kombucha)
1. Add 1 part fruit juice to 9 parts fermented 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

Voila
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, kombucha scoby can be stored at room temperature in a scoby hotel with 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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