

Please keep these instructions. You will need them again in the future.



Gather up-

- *One cup of sugar (See instructions before substituting)
- *A large pot to boil water
- *A long handled spoon
- *A clean one gallon container to brew your kombucha
- *A lightweight cloth cover
- *A rubber band or string to hold the cloth cover in place
- *A clean warm place to brew your kombucha batch

To make a one-gallon batch: Boil a gallon of water in a large pot. Turn off heat, add the enclosed tea big teabag or 10-12 regular size tea bags and stir. Remove tea bags in 3-4 minutes. Stir in one cup of sugar. Let it cool to room temperature. Pour the cool sweet tea into your brew container. Add the entire contents of the live culture packet. No need to stir, but all of the liquid is essential to growing kombucha. Cover the batch with a light cloth. Hold the cloth down tight with a string or rubber band. Think kind thoughts about your kombucha. Now comes the hard part, waiting for it to ferment! Smile at it everyday. Kombucha needs love too.

Your brew container. Any clean, non-metal, food-grade container will work. A one gallon, wide-mouth glass jar is great. A large glass or ceramic bowl or a big plastic pitcher will work. Improve by cutting the neck off a one gallon plastic milk bottle. Wash the container well, and let it air dry. Do not use a container that has been used to ferment other foods. You will not use the lid during brewing.

Tips to avoid mold. Occasionally, mold will grow on a batch. Mold looks dry, powdery or fuzzy and is always on the surface. Anything growing under the scoby is not mold. If you touch mold it, it will rub off on your finger. Adding a bit of vinegar helps to avoid mold. Add 3 Tbs of cheap, pasteurized vinegar to any batch when you start it.

Following the directions and keeping the batch close to 80-90 degrees eliminates 96% of mold. Avoid brewing near old wooden cabinets, old books or carpet, over ripe fruit, or lots of houseplants. Dust is a mold source so make sure your kombucha is well covered. Wash your hands before working with your kombucha. Keep your batch away from drafts - open windows, AC units or vents. Mold is rare, but if you see it, destroy the batch, sanitize the equipment, and give us a call if you want help.

Kombucha needs good ventilation. The cloth cover used to keep your batch clean needs to be lightweight. You want air to pass through so the kombucha can breathe. A

clean, lightweight kitchen towel or dinner napkin is good, or cut up an old pillowcase or sheet. Fold cheesecloth over 4 or 5 times to avoid contamination. If you place your batch in a closet, oven, cooler, or other small space, leave the door cracked open a bit. It needs fresh air.

Help! A big blob is growing on top of my batch!

Perfect! Say hi your new scoby! It will look like a thin film of jelly at first, then become thicker. It can be white or brown, smooth, lumpy or bubbly. It can grow long slimy brown arms underneath. Folks, it may not be pretty. It can sink for no reason, and another new scoby starts. It will look wet or slippery or slimy on top. It may grow into layers that can be separated. The little scoby that come in the package usually sinks and stays at the bottom. All this is normal and healthy. Good Job. Your scoby is growing.

How will I know my batch is ready? After 7 or 8 days taste a sample with a clean spoon. Taste it every few days. It will taste less like sweet tea and more like tangy kombucha each day. It is ready to drink when it tastes good to you, usually 15-25 days. Congratulations! You made kombucha!

Do I need special water? Distilled? Filtered? Tap water is fine. The public water supply in the US is safe for kombucha. Well water that is safe to drink is also safe. If water in your area tastes bad, you can use bottled water.

Avoid water from a refrigerator door dispenser, water softeners, or home water filters, as they often contain mold. Distilled water does not seem to make better kombucha.

Do I need to filter my batch before I bottle? Filtering isn't essential, but some folks prefer to remove the naturally-occurring sediment. Although it is safe, it can be unattractive. Filter through a clean plastic strainer or cheese cloth, then bottle.

Fermentation creates alcohol. Trace amounts of alcohol can be created during fermentation, usually less than 1/2%, but it can be higher. Please consider this before serving kombucha to pregnant women or children.

How do I add flavors? The easiest way is to start with flavored tea. We suggest tea with flavors like lemon, ginger, blueberry, cranberry or vanilla. You can buy our specially blended tea from our website. You can also add fruit juice when you bottle. Just a little, not more than 10% juice. Try adding 1 teaspoon of chia seeds to a 16 oz bottle.

What kind of tea? Start with delicious tea for best results. Black, green, and white teas produce consistent, delicious kombucha. Most herbal and spiced teas available at the grocery store will also work. Use tea you love.

Kombucha needs a warm environment to thrive. This is the most important part of the instructions! Keep your batch warm! Kombucha brews best around 80 degrees. Keep the temperature near 80 degrees, day and night. You don't have to warm your whole house. Find or make a warm place for your batch. Next to your massive computer tower, on top of an old stove with a pilot light, or on top of a water heater might work. For best results, set the batch next to a heating pad. There are several types of heating pads that work: pharmacy heating pads for sore muscles, pads for sprouting seeds, pads to keep puppies warm and reptile or aquarium heaters. Move the pad closer or farther from the batch to adjust temperature. Make sure it doesn't have an auto-off mechanism. If in doubt, it is better to keep you batch a little too warm. It is possible to make kombucha at cooler temperatures, but you might need to do some additional research.

You can make a free batch warmer with a cardboard box, a few empty jars and a towel. Set your batch inside the box. Fill a few jars with hot tap water, put lids on the water jars, and place them against the brew container. Wrap a towel or blanket or sweater around the jars and container to retain heat. For proper ventilation, don't close the box or cover the top of the brew container. Replace the hot water twice a day.

What kind of sugar? Granulated sugar works best, organic or non-organic. Use one cup of sugar per gallon. Most of the sugar is used during fermentation. The culture eats the sugar to create kombucha. Add the full amount of sugar or your batch may fail. Your finished kombucha will have about 25 calories per 8 oz serving. Honey, agave, brown sugar, coconut sugar and stevia do not brew consistent, delicious kombucha.

My batch is done. Now what? 1) Remove the scoby and 2 cups of the kombucha you just made. Put these aside to make the next batch. 2) Pour kombucha into clean bottles with tight fitting lids. Any bottles that came with food or drinks in them and have tight fitting lids will work. 3) To add bubbles, let the bottles sit at room temperature for a few days to build up carbonation, then refrigerate. It will stay good in the fridge for months. 4) Enjoy it! Share it with your friends! Do you love your home made kombucha?

How do I start another batch? You should have a scoby and 2 cups of kombucha put aside from the previous batch. Taste a sample from the 2 cups. If it is sour you are ready to start a second batch. Skip the next step. If it still tastes sweet, you will need to let it ferment longer. Put the 2 cups and the scoby back in the brew container and back in its warm place and let it sit until it is sour, probably another week. Brew another gallon of tea, add one cup sugar, stir and cool. Add the 2 cups of kombucha from the first batch. Add a piece of the scoby. Any size piece will work. Repeat the instructions above: cover with cloth, keep it warm, wait, etc...

With love,

Summer Abbott and Connery MacRae
www.oregonkombucha.com
info@oregonkombucha.com

Oregon Kombucha
6720 NE ML King Blvd
Portland OR 97211
503-477-4601