Kombucha instructions

**First ferment:**

Quart: 2 1/2 C. water (spring water)

½ C. starter (kombucha tea)

¼ C. organic cane sugar

4 organic black tea bags

SCOBY

Gallon: 14 C. water (spring water)

2 C. starter (kombucha tea)

1 C. organic cane sugar

16 organic tea black tea bags

SCOBY

Dissolve sugar in a little hot water, and then add tea bags. Set aside to steep and cool completely – several hours. Once completely cooled to room temperature, remove tea bags and place mixture in clean jar or jug with spout and add remaining water and starter to almost full. Add SCOBY. Cover top with a coffee filter or other breathable material – this is just to keep bugs and dust out. Date and label jars. Place in a dark warm location and let sit for 7-10 days.

**Second ferment:**

Pour fermented tea into clean bottles with good seals. Fill only ¾ full. Top off with fruit juice (with sugar content of 20-30 grams sugar per serving) of your choice. Close tightly and label bottles. Place in a dark warm location for 4-7 days, then check flavor. If too sweet, then let sit for several more days. If it’s a good flavor, then place these jars in the fridge. Open jars with rag/towel over a sink, as tea may be very fizzy when first opened. A stringy blob may form during the second ferment, which is a sign of very happy, active bacteria and yeast, as a new SCOBY is trying to form. You can strain this out before drinking (or not!).

**Tips:**

I recommend drinking 4-10 oz per day. If drinking regularly gives you symptoms of increased gas/bloating or diarrhea-like symptoms then decrease the daily amount you drink. You can still drink this safely even if you over-ferment beyond your desired sweetness. If you want more sweetness, add some stevia drops right before drinking.

Wash glassware and utensil items well, rinse with white distilled vinegar, and repeat quick water rinse before using.

Do not use distilled water or tap water. I recommend RO water or spring water. Or get a bottle of trace minerals and add back into distilled water.

The length of time your tea will ferment to your tastes will depend on how warm of a location it is in. Cooler temps mean the good bugs slow down their activity, so the fermenting takes longer.

There is a risk of jars exploding during the second ferment due to increasing air pressure. Store in a bin, container, or cooler chest to contain possible mess.

If SCOBY grows any fuzzy-looking mold on top of the SCOBY, discard whole batch and SCOBY and start over. Brown or grey spots are normal. Stringy stuff that clings to the SCOBY, hangs down off it, or floats around and settles to the bottom is all normal.