

Kombucha

HOMEMADE GUIDE

SCOBY? What is it?

A **SCOBY** is a cellulose mat that houses the **bacteria and yeast cultures** that turn sweet tea into kombucha. A new or "baby" SCOBY is produced each time you make kombucha, and the SCOBY also helps turn sweet tea into more kombucha. It's basically the means through which kombucha replicates itself.

Fermentation Supplies

- **Tea:** Plain tea lays the base for your kombucha.
- **Sugar:** The SCOBY food.
- **SCOBY:** This starts Kombucha making.
- **Large glass or ceramic container:** Aim for one that's at least 1 gallon, but smaller jars will also work! I've also been using a **large jar with a plastic spigot** recently, and it makes pouring the kombucha so much easier.
- **Cheese cloth:** Allows your kombucha to breathe while keeping dust and critters out.
- **Flip top fermentation bottles:** These bottles have a tight seal specifically designed to keep the carbonation in (hellooo fizz!)

First Fermentation Instructions

1. Bring water to a boil in a clean pot. Remove from heat and dissolve sugar into it (or make simple syrup).
2. Add the tea and allow to steep while water cools to room temperature (a few hours). Only when water is at room temperature is it ready to work with.
3. Pour the sweetened tea into your jar(s), then pour old kombucha in (if you don't have old kombucha, store bought will work), making sure to include any little pieces that may be at the bottom. The good stuff!
4. Cover with a few layers of the tightly woven cloth (keeps out bugs and debris) and secure it.
5. Set somewhere dark, still, and at room temperature (70-75 degrees F, 21-24 C), like a cupboard, for 1 to 4 weeks, until a ¼ inch (½ cm) SCOBY has formed.
6. Keep SCOBY in its original tea until you're ready to brew your first batch. The SCOBY should live and grow for years if treated well. The tea you used to make the SCOBY, however, is very vinegary. Don't use this tea as the starter to your first fermentation! But, its ok to start more SCOBYs with it.



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