

Kombucha 101

Basic kombucha - First fermentation (F1)

14 c. water
8 bags of black tea
1 c. cane sugar
2 c. kombucha starter or unflavored RAW kombucha
(Pellicle optional)

1. Make sure everything is scrupulously clean!
2. Boil 4 c. water. Add tea bags and steep for 20 minutes. Remove tea bags. Stir in sugar. Add remaining water and cool to room temperature.
3. Pour the sweet tea into a clean jar. Add the kombucha starter and the pellicle, if using.
4. Cover your jar with a woven cloth and rubber band. Place in a warm, dark spot ideally at about 75° F. Ferment for 6-14 days depending on temperature and strength of your starter.
5. Your kombucha is ready to drink, or ready to flavor and bottle for carbonation.

Second fermentation (F2) instructions

1. Clean your bottles and utensils thoroughly.
2. STIR your kombucha. Reserve 2 cups of F1 kombucha for your next batch.
3. Add flavors and sweeteners to your bottles.
4. Amounts per 16 oz. bottle:
 - a. Juice: ¼ to ½ cup.
 - b. Fruits: 1-2 T. of minced or pureed fruits
 - c. Sweeteners: ½ to 1 teaspoon of sugar, honey, etc.
 - d. Herbal teas, spices, herbs, or other flavorings to taste
5. STIR kombucha again & pour into your bottles. Leave about 1" of headspace.
6. Wipe off the lids and bottle tops and seal.
7. Place in a warm, dark place for 2-4 days.
8. Refrigerate before opening.

F2 Flavoring ideas - For 16 oz. bottles

- **Pineapple:** 2 T. minced fresh fruit
- **Lemon ginger:** Mix ¼ c. lemon juice, 2 t honey, 3 t. minced ginger and add 2T to each jar
- **Cherry:** 2 minced cherries
- **Hibiscus:** 1 t. sugar & 1 t. dried hibiscus flowers
- **Lime/mint:** 2 ½ t. fresh lime juice & 2 ½ t. mint simple syrup
- **Blueberry ginger:** Simmer 1 c. water, 1 c. blueberries, 2 T. minced ginger, 1 T. sugar until saucy. Divide into 6, 16 oz. bottles.
- **Strawberry:** 2 T. minced berries