

Congratulations on your new Kombucha SCOBY!!!

1. Prep your water. Fill a large stock pot with 3 quarts of water and place it on the counter to de-chlorinate for 24 hours. The chlorine will evaporate off. Alternatively, use your favorite brand of mineral water.

2. Make your tea. Using about a third of your de-chlorinated water — exact measurements are never required when it comes to kombucha — make a strong, sweet tea. Boil the water, then turn off the burner. Steep 4-6 tea bags for as long as you like.

*Tips on tea selection: Black tea makes the final product much more flavorful, and I have found fruit flavors to work better than flavors like hazelnut or Earl Grey. Mint teas are not recommended as they can have ill effects on your SCOBY.

3. Add 1 cup of white sugar or rapadura (Honey can NOT be used as it is antimicrobial and will slowly kill your SCOBY) and stir until the sugar has dissolved. Strain the tea bags out, then allow it to come to room temperature. Add the strained tea to the rest of the de-chlorinated water.

4. Add the SCOBY and the starter. Gently, and always with clean hands, place the SCOBY into the jar of sweet tea. Pour a cup of the starter (the already-fermented kombucha) into the jar as well. Sometimes the SCOBY mother sinks, and sometimes it floats; either is OK.

5. Ferment your brew. Cover the jar with a double layer of fine cheesecloth to protect against dust and fruit flies. Set the jar in a location with good air flow and medium light. (Direct sunlight can damage the tea, and closets won't allow the tea enough air.) Wait 8-15 days, taste testing every few days.

The tea's fermentation rate depends on the ambient temperature in your home. The kombucha should be slightly sour and tart. If you want your kombucha more acidic, let it sit longer. (As time goes by, the pH of the kombucha will fall, making the brew more acidic and less sweet.) If you prefer it on the sweeter side, you'll need to bottle your next batch at an earlier point in the process.

6. Build up the fizz. When the tea has fermented to your liking, decant it into bottles that have rubber stoppers or very strong seals. This will allow the fizziness caused by the fermentation to build up even more. Flavor your second ferment by adding fruit pieces, fruit juice or syrup, ginger pieces, lemon juice, chia seeds or spices to the bottles. Ratio we use is half kombucha to half fruit juice. Let the bottles sit for about 5-10 days at room temperature to acquire even more fizz, then refrigerate them.

7. Serve your drink. Kombucha is delicious simply poured over ice, but you can also mix it with wine for an interesting take on sangria, or add fruit syrups if the tea is too acidic.

8. Salvage a batch gone vinegary. If you end up with a batch that's too acidic to drink, dilute it with water and repurpose it as a mild all-purpose cleaning product. You can also use it in the shower for extra-shiny hair.

9. Start over. Repeat the process, saving 1-2 cups of fermented tea from each batch to use as a starter in the next batch.

If you have any questions please feel free to email us at [**culturemother@sasktel.net**](mailto:culturemother@sasktel.net)