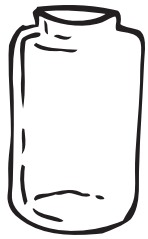


kombucha



1 liter
Mason
Jar



1 cup
White
Sugar



2 bags
of
Tea



1 folded
square of
Paper Towel



Rubber
Band



Plastic
Strainer



Kombucha
Culture

Green Tea
or Black Tea
ONLY
(NO fruity, spicy,
or herbal teas)



Brew 2 tea bags in a little less than 1 liter of boiling water

Let tea steep for 15 minutes

Remove tea bags

Add 1 cup of sugar and stir well

Let the sweetened tea cool to room temperature

Add the Kombucha culture and the 1/2 cup of starter Kombucha liquid

Cover the jar with a folded piece of paper towel and secure with a rubber band (to keep out bugs/dust)

Label the jar with the type of tea and today's date

CAUTION:

NO METAL
Kombucha must never come in contact with any metals:
Metal Bowls
Metal Spoons
Metal Strainers
Metal Jar lids

Kombucha must be kept in **GLASS ONLY** (no plastic)

Fermentation takes 8-12 days - Higher room temp = faster fermentation - Ideal temp = 23-29C

During the process of fermentation the sugar is broken down by the yeast and converted into a gas (CO₂) and various organic acids and other compounds.

Kombucha will keep for months

When you are ready to remove the culture, do so with clean hands

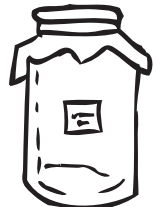
Rinse the culture under lukewarm water

Place culture in a new clean jar and pour 1/2 cup of fermented Kombucha to help start your next batch

Pour your fermented Kombucha batch into a clean jar or glass bottles and keep in fridge

Let your Kombucha mature for 5 days in the fridge

Drink 1-2 ounces before each meal



by: Carrie Hubka