

# How to Make Kombucha Tea

## Expert DIY Guide



...WITH YOUR HOST THE KOMBUCHA MAMMA

Kombucha has been made for thousands of years by people all over the world because it is easy to prepare and offers immediate and long term benefits to the regular drinker. The ingredients are inexpensive and the process is simple and sustainable, however care should be taken anytime food is prepared at home. Follow these directions to brewing success.

### “What Supplies Do I Need?”

#### 1 Gallon Vessel Recipe

scale up or down as necessary

(click on ingredient for more info)

- ✓ 1 Cup Organic Sugar
- ✓ 4-6 Bags Tea, or 1-2 tablespoons loose leaf tea – Hannah’s Private Blend [Here](#)
- ✓ Starter Culture – SCOBY, see notice →
- ✓ 1 Cup Strong Starter Liquid
- ✓ Purified Water
- ✓ Tea Kettle or Pot
- ✓ Brewing Vessel
- ✓ Cloth Cover
- ✓ Rubber Band
- ✓ Thermometer (optional)
- ✓ Funnel (not needed until bottling stage)

**For Brewing Success,  
NEVER use the following  
types of SCOBYs:**

- Dehydrated
- Refrigerated
- Exposed to Mold
- Undersized
- Grown From A Filtered Brew
- Stored in Plastic 30+ Days
- Mushy or Disintegrating
- Who Knows Where It's Been??

LEARN MORE AND  
GET A FRESH SCOBY  
BY CLICKING HERE!

<https://www.KombuchaKamp.com/Kombucha-Cultures>

### Stage One: Make the Sweet Tea Solution



This feeds the Kombucha culture and transforms into delicious Kombucha.

1. Boil 4 cups of water.
2. Add hot water & tea bags to brewing vessel.
3. Steep 7-15 minutes, then remove.
4. Add sugar and stir to dissolve.
5. Fill vessel  $\frac{3}{4}$  full with purified cold water – this will bring down the temperature of the tea.

\*Note: If the mixture is now below body temperature, proceed.

If it's still too warm, wait until it cools before moving to the next stage.

## Stage Two: Add the Kombucha SCOBY Culture



**Use clean hands to handle the culture.**

1. Add SCOBY, then starter liquid.
2. Cover with cotton cloth, secure with rubber band.
3. Say a prayer, send good vibes, commune with your culture (optional but recommended).
4. Set in a warm, airy location out of direct sunlight & away from aromatic or greasy food preparation.
5. Do not disturb for 7 days.

**\*Note: This can be very difficult for a newbie brewer, but wait all seven days before peeking at your brew. This will make the process go more smoothly.**

**Newbie  
Brew  
Tip**

**Kombucha thrives between 75 - 85 degrees. In most environments, a heating mat, even part time, is critical to long term brewing success.**



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at

**KombuchaKamp.com/Heating**

<https://www.KombuchaKamp.com/Heating>

## Stage Three: Taste & Perfect the Kombucha Brew



1. After 7 days, gently insert a straw beneath the SCOBY and take a sip. Too tart? Reduce your brewing cycle next time. Too sweet? Taste each day until it reaches optimum flavor.
2. Properly brewed Kombucha has a slightly sharp (acidic) apple cider, not sweet taste.
3. Brewing cycles normally range between 7 days & 2 weeks, varying greatly by temperature.
4. A couple of cycles may be required to discover the exact taste and timing of the brew. Be patient.



**NO-FRILLS  
Package**

**COMPLETE  
Package**



**DELUXE  
Package**



### HOW DOES CONTINUOUS BREWING WORK?

"In the batch brew method, every time you brew, you make a bunch of sweet tea and combine with a little delicious starter liquid, a super sweet 9/1 solution. After 1-2 weeks, the SCOBY and starter liquid work very, very hard to finally transform ALL that liquid into Kombucha Tea (KT)..."

By contrast, with your Continuous Brew System, you will only be refilling around 25% of the container with sweet tea nutrient solution, while 75% is your mature Kombucha and giant SCOBY, this time a powerful 3/1 concentration in favor of the Kombucha. It will take only a day or two to transform that relatively small amount of sweet tea into healthful KT..."

**NEXT TOPIC: Increased health benefits?**

[Find out more >>](#)

<https://www.KombuchaKamp.com/CB>





## Follow These Safety Tips:

DO's	DON'T's
<p><b>DO</b> – Sanitize the brewing location &amp; supplies prior to use.</p> <p><b>DO</b> – Rinse hands with filtered water or vinegar before handling the SCOBY.</p> <p><b>DO</b> – Select glass, stainless steel or oak as a brewing vessel.</p> <p><b>DO</b> – Brew with filtered water.</p> <p><b>DO</b> – Brew with organic, fair trade sugar &amp; tea whenever possible.</p> <p><b>DO</b> – Cover with a cotton cloth cover or coffee filter w/rubber band.</p> <p><b>DO</b> – Select a shaded, warm location w/good airflow.</p> <p><b>DO</b> – Give the culture 7 days to ferment and develop.</p> <p><b>DO</b> – Pull new starter liquid from the top of the previous batch.</p> <p><b>DO</b> – Make a SCOBY Hotel.</p> <p><b>DO</b> – Throw away any batch that gets mold.</p>	<p><b>DON'T</b> – Use chlorine. It kills bacteria &amp; we ♥ the bacteria in our SCOBYs!</p> <p><b>DON'T</b> – Use soap. See above.</p> <p><b>DON'T</b> – Select plastic, crystal or leaded ceramic as a brewing vessel.</p> <p><b>DON'T</b> – Brew with tap water.</p> <p><b>DON'T</b> – Brew with stevia, raw honey or herbal teas.</p> <p><b>DON'T</b> – Cover w/cheesecloth. The weave is too loose and will allow fruit flies to get in.</p> <p><b>DON'T</b> – Store in direct sunlight, in a closed cupboard or in a cool location.</p> <p><b>DON'T</b> – Disturb the vessel. Too much movement causes the culture to not form properly.</p> <p><b>DON'T</b> – Pull new starter liquid from the bottom of the batch. Yeast will overpower your brew.</p> <p><b>DON'T</b> – Store more than 1 or 2 extra SCOBYs in your brewing vessel. The brew will be vinegary.</p> <p><b>DON'T</b> – Try to salvage a moldy batch.</p>

## Quick FAQ

### How much Kombucha should I drink?

Start off with 4oz and monitor the body's response. Drink water to flush toxins. Increase intake as desired.

### Does Kombucha have caffeine/sugar?

Both caffeine and sugar are consumed by the Kombucha culture during fermentation. Content depends on the ingredients and brewing cycle, but on average Kombucha contains only a few grams of sugar and a few milligrams of caffeine per 4oz serving.

### What kind of tea is best with Kombucha?

Nearly any tea may brew successful Kombucha. Long term health of the culture is best with mixed green and black tea.

#### More Questions?

<https://www.KombuchaKamp.com/FAQ>



Search = KombuchaKamp

Hannah

## QUALITY CULTURES LAST FOR A LIFETIME

<http://Store.KombuchaKamp.com>

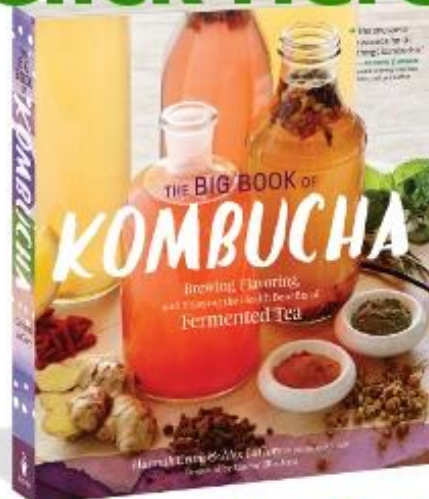
**Order by Phone: 424-245-5867**

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*"The One-Stop Guide for All Things Kombucha!"*

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**PAPERBACK or HARDCOVER**



## PROFESSIONAL BREWING LOG

Date	Sweet Tea: Brix	pH	Qty	Starter Liquid: Brix	pH	Qty	Temp	SCOBY Qty
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Date	Ending Brix:	pH	% ABV	# Days Brewing	Flavor	Notes
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Date	Sweet Tea: Brix	pH	Qty	Starter Liquid: Brix	pH	Qty	Temp	SCOBY Qty
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