

# 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 ¾ 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.

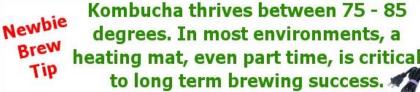
# Stage Two: Add the Kombucha SCOBY Culture



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.



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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.



# 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

#### Common Question: Oh No! I think I have mold!!! WAIT! DON'T PANIC!!! ©©©©©©©©©©©

Usually what is mistaken for mold is **normal** SCOBY or yeast growth. Mold on Kombucha looks like mold on bread: dry, fuzzy and sitting on top of the culture, usually in circles and colored white, black or green.

For examples and more info VISIT THIS LINK: KombuchaKamp.com/Mold

If you still think it's mold, DO NOT THROW ANYTHING AWAY!!

Send a picture to **customerservice@kombuchakamp.com** for identification and assistance.

# **Stage Four: Bottling & Flavoring**

- **1.** With clean hands, remove the culture(s) and place in a clean bowl.
- **2.** Ladle or pour 2 cups of liquid from the top of the brew over the cultures. This will serve as starter liquid for the next batch.
- **3.** Cover cultures with the cotton cloth and set aside.
- **4.** Find clean, suitable bottles with tight fitting lids. Recycled bottles are fine, but avoid metal lids that may corrode. Flip tops are nice.
- **5.** If flavoring the Kombucha, place fruit/juice /flowers/whatever(!) directly into the bottles. A little goes a long way. Experiment for fun.









10 Recipes + How-To Flavor Video!



https://www.KombuchaKamp.com/Flavoring





- **6.** Place bottles in the sink, insert a funnel in your first bottle and ladle or pour the Kombucha.
- **7.** Repeat for the other bottles, straining the yeast if you prefer. Screw the lids on and set aside 1-3 days, burping the bottles to release carbonation and prevent explosions.
- **8.** Move bottles to the fridge as they reach the desired carbonation/flavor. This halts fermentation occurring due to flavorings.
  - \* Ginger, strawberry & blueberry cause fast CO<sub>2</sub> build up. Use caution! Bottles can overflow when opened or explode during secondary fermentation. Store in a box, empty cupboard or cooler to minimize mess & danger.

#### Repeat for the next batch, and adjust the process as necessary.

**Common Questions: How do I start the 2<sup>nd</sup> batch? And store SCOBYs?** Start the 2<sup>nd</sup> batch with the original SCOBY and the baby, plus 1-2 cups of starter liquid from the first batch. Once you have a 3<sup>rd</sup> SCOBY, move any one you like to a **SCOBY HOTEL** with some mature Kombucha, add a couple of cups of sweet tea. Leave the Hotel undisturbed for a few weeks this first time, this allows the strength of your Hotel to increase and for a thick culture to grow across the top.

For long term Hotel maintenance, plus a video, VISIT THIS LINK: KombuchaKamp.com/Hotel

#### **Follow These Safety Tips:**

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

#### **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



#### QUALITY CULTURES LAST FOR A LIFETIME

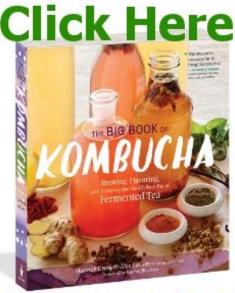
http://Store.KombuchaKamp.com

Order by Phone: 424-245-5867

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400 Pages ~ 400+ Recipes

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



**PAPERBACK or HARDCOVER** 

# **Brew Minder Logs**

#### PERSONAL BREWING LOG

Brew Date	Recipe Notes (type of tea/sugar)	Harvest Date	Observations and Flavor Notes (pH, taste, etc.)			
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#### PROFESSIONAL BREWING LOG

Date	Sweet Tea: Brix	рН	Qty	Starter Liquid: Brix	рН	Qty	Temp	SCOBY Qty
Date	rea. brix	pii	Qty	Elquiu. Di ix	pii	Qty	Temp	Qty
	Ending			# Days			-	<u> </u>
Date	Brix:	рН	% ABV	Brewing	Flavor	Notes		
						!		
Date	Sweet Tea: Brix	рН	Qty	Starter Liquid: Brix	рН	Qty	Тетр	SCOBY Qty
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Date	Brix:	рН	% ABV	Brewing	Flavor	Notes		
	Sweet			Starter				SCOBY
Date	Tea: Brix	рН	Qty	Liquid: Brix	рН	Qty	Temp	Qty
	Ending			# Days				!
Date	Brix:	рН	% ABV	# Days Brewing	Flavor	Notes		
	Sweet			Starter				SCOBY
Date	Tea: Brix	рН	Qty	Liquid: Brix	рН	Qty	Temp	Qty
				#5				
	pr 11	Ending Brix: pH % ABV		# Days Brewing Flavor		Notes		