

7 Steps to Easy Kombucha: The Family As We Go method ~

The Domestic Wildflower

Seven Easy Steps to Brewing Kombucha:

1. Clean equipment + Ingredients.

- A gallon glass jar (preferably with a large top opening for the scoby to grow).
- Good organic sugar.
- Organic black or green tea (tea bags or loose leaf)
- Healthy scoby
- 1/2-1 cup starter kombucha from a previous batch or a store bought plain kombucha like GT's Original.
- Cheese cloth or paper towel and rubber band.
- Optional: quart sized mason jars for secondary fermentation to produce a carbonated flavored kombucha

2. Start with making sweet tea.

Brew about 1 quart of purified water, do not use tap water. 1/2 cup loose leaf tea or 10 packets of tea make a good gallon batch. (For stronger tea flavor add more). After putting the tea in, add 2 cup of sugar. *Usually it is just 1 cup of sugar, but for your first batch with a new scoby it is better to chunk him up with more sugar to make sure he survives. * Stir until the sugar has dissolved. You can either take the tea out after 10 minutes, or leave in until the sweet tea is cool and ready for the next step.

3. Once the tea is at room temperature or below 80 degrees, you can put all the water in your CLEAN gallon glass jar.

4. Pour in the 1/2-1 cup starter kombucha, store bought or from previous batch. If after pouring it there is still room in the jar, fill with more water until there are a few inches of space at the top.

5. With clean hands gently place the scoby on top of the liquid. It is fine if the scoby sinks.

6. Cover with a loose cloth and rubber band to keep in place. Put in a room without direct sunlight and preferably one of the warmest rooms in your house. When in a cold area, it takes longer to ferment.

7. Ferment. I enjoy a 10 day fermentation period. You have to wait anywhere from 7-15 days depending on how sweet you want the kombucha. I, being sugar-free these days, wanted the scoby to feast on most of the sugar so I am not drinking a sugar-filled drink. Anytime after 7 days you can put a straw in and get a taste. The longer you wait the more tart the kombucha will be. It is pretty tart, but shows that most of the sugar was fed on by the scoby. When done, you need to transfer your finished kombucha to any type of container you want to store in the refrigerator with. At first I was using my recycled store bought kombucha bottles. Now I use quart size mason jars since I do a second fermentation.

One you have done it all once, you just start at the beginning and do it all over again! If you want to learn the extremely easy second fermentation process so that you can flavor and carbonate your kombucha for an extra taste profile, go check out my Top 10 Flavorings on the Family As We Go blog and easy steps to doing it! The flavor combinations are endless!