A kombucha starter culture consists of a symbiotic colony of bacteria and yeast (SCOBY). When combined with sweetened tea and fermented, the resulting kombucha beverage has a tart zing.

### Activating the SCOBY

#### 1. MAKE SWEET TEA

- **A** Combine 2-3 cups hot water and ¼ cup sugar in a jar. **Stir** to dissolve.
- **B** Add 1½ teaspoons loose tea or 2 tea bags. **Steep** at least 10 minutes.

#### 2. ADD THE SCOBY AND VINEGAR

- **D** Add ½ cup vinegar to the cool tea.
- **E** Add the dehydrated SCOBY to the tea mixture.

#### 3. CULTURE YOUR KOMBUCHA

- **G** Allow the mixture to **culture** undisturbed at 68°-85°F, out of direct sunlight, for 30 days. **Apply** vinegar to the cloth daily to help prevent mold growth.

- **C** Remove the tea bags or strain out the loose tea leaves. **Cool** the tea to 68°-85°F.
- **F** Dampen a cloth or coffee filter with white vinegar; **place** it on the jar and secure it with a rubber band.

**TIP:** Your activation batch of kombucha may be too vinegary to drink, but it’s great in salad dressing and marinades!

**DON’T TESS IT!**

- It’s normal for there to be no visible change to the tea or SCOBY. Finished kombucha is rich and vinegary. Reserve the SCOBY for the next batch.

- The starter culture may or may not produce a baby SCOBY in your first few batches. Either way, it’s normal! Flip over for troubleshooting tips.

**NO BABY SCOBY?**

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Making Kombucha After Activation

Once your SCOBY has been activated, you’re ready to make kombucha! Use the ingredient amounts in the chart below and follow these instructions to make kombucha:

1. MAKE SWEET TEA
   A. Combine the hot water and sugar in a jar. Stir to dissolve.
   B. Add the tea and steep at least 10 minutes.
   C. Remove the tea bags or strain out the loose tea leaves. Cool the tea to 68°-85°F.

2. ADD SCOBY & VINEGAR
   D. Add the vinegar and tea from the last batch, as directed by the chart below, to the cool tea.
   E. Transfer a SCOBY.
   F. Dampen a cloth or coffee filter with white vinegar, place it on the jar and secure it with a rubber band.

3. CULTURE YOUR KOMBUCHA
   G. Culture the mixture undisturbed at 68°-85°F, out of direct sun, for 7-30 days. Dampen the cover with vinegar daily to prevent mold.
   H. Reserve tea for your next batch. Enjoy your kombucha, or flavor and bottle it!

Bottle, flavor, and carbonate your kombucha! Go online: www.culturesforhealth.com/bottling-kombucha

Ingredients Chart

Keep your brews to 1-quart batches until a baby SCOBY forms (see next section). Then you can increase the batch size. Follow this chart for the appropriate batch size and ingredient ratios before and after your SCOBY has its first baby:

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>QUART</th>
<th>QUART</th>
<th>½ GALLON</th>
<th>GALLON</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOT WATER (CUPS)</td>
<td>2-3</td>
<td>6-7</td>
<td>13-14</td>
<td></td>
</tr>
<tr>
<td>SUGAR (CUPS)</td>
<td>¼</td>
<td>½</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>LOOSE TEA (TSP.)*</td>
<td>1½</td>
<td>3</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>VINEGAR (CUPS)</td>
<td>¼</td>
<td>1</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>TEA FROM PREVIOUS BATCH (CUPS)</td>
<td>¼</td>
<td>½</td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>

*Baby SCOBY

What are baby SCOBYs?
A cloudy, white layer or film might form on top of your kombucha brew. This is a baby SCOBY: a new kombucha culture. Congrats! This means your kombucha mother SCOBY is vigorously healthy and ready to culture larger batches of tea (see the chart). You can now make 2 batches at once or give a SCOBY to a friend. It’s also completely normal for a batch of kombucha not to form a baby SCOBY. Keep brewing as usual.

Baby SCOBY or Mold?
Baby SCOBYS are weird looking. They may look like mold at first, and if you have any doubts, we recommend letting it grow for a few days until it’s more obvious. Mold is typically fuzzy, whereas baby SCOBYS are rubbery. You can always contact customer support with any questions.

If your starter isn’t performing as expected, don’t throw it away! Put a tight lid on your culture and contact customer support at www.culturesforhealth.com

WANT MORE?

Fermented foods often have a sour but clean aroma and flavor. Never consume anything that smells or tastes unpleasant.

We have dozens of recipes, how-to videos, and articles for beginners and kombucha pros on our website, www.culturesforhealth.com

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