



Kombucha STARTER CULTURE INSTRUCTIONS

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You can make delicious kombucha at home!

Total time: 30+ days ★ **Active time:** 15 minutes + 1 minute daily

YOU CAN DO THIS

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.

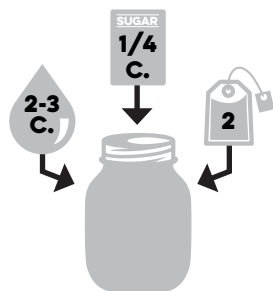
What You'll Need

- 1 dehydrated kombucha starter culture (SCOBY)
- Water free of chlorine and fluoride (bottled spring water)
- White or plain organic cane sugar (avoid harsh sugars)
- Plain, unflavored black tea, loose or in bags
- Distilled white vinegar
- 1 quart glass jar
- Coffee filter or tight-weave cloth and rubber band to secure
- Measuring cups and spoons
- Thermometer

Activating the SCOBY

1. MAKE SWEET TEA

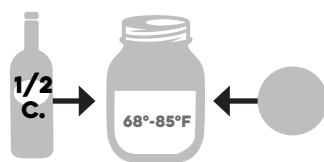
- A Combine** 2-3 cups hot water and ¼ cup sugar in a jar. **Stir** to dissolve.
- B Add** 1½ teaspoons loose tea or 2 tea bags. **Steep** at least 10 minutes.



- C Remove** the tea bags or strain out the loose tea leaves. **Cool** the tea to 68°-85°F.

2. ADD THE SCOBY AND VINEGAR

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

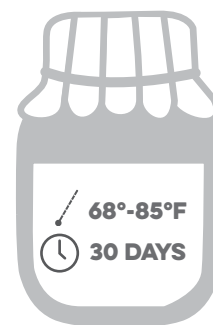


- F Dampen** a cloth or coffee filter with white vinegar; **place** it on the jar and secure it with a rubber band.



3. CULTURE YOUR KOMBUCHA

- G 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.



- H Make** your first batch of kombucha: see the next page →

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

**DON'T
TOSS
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.**

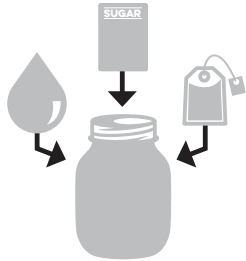
**NO
BABY
SCOBY?**

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

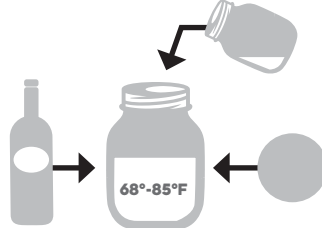
- A** **Combine** the hot water and sugar in a jar. **Stir** to dissolve.
- B** **Add** the tea and **steep** at least 10 minutes.



- 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.



Your kombucha is done when it tastes good! It should be vinegary and less sweet, with a clean but sour aroma. It's normal for there to be no visible change to the tea or SCOBY. Using pH strips isn't required, but if you do, the pH should be below 3.6.

- 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:

INGREDIENT RATIOS

INGREDIENTS	BATCH SIZE	BEFORE		AFTER BABY SCOBY	
		QUART	QUART	½ GALLON	GALLON
HOT WATER (CUPS)		2-3	2-3	6-7	13-14
SUGAR (CUPS)		¼	¼	½	1
LOOSE TEA (TSP.)*		1½	1½	3	6
VINEGAR (CUPS)		¼	-	-	-
TEA FROM PREVIOUS BATCH (CUPS)		¼	½	1	2

*If using tea bags, use two bags for every 1½ tsp. loose tea.

Baby SCOBYs

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.

LET US HELP

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

WHAT'S THAT SMELL?

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

WANT MORE?