



CULTURES *for* HEALTH

KOMBUCHA STARTER CULTURE

BEFORE YOU GET STARTED

- This box contains 1 dehydrated kombucha starter culture (scoby). Please store in the refrigerator until ready to activate.
- **If at any point you have questions or concerns about your culturing process, contact Customer Support before discarding anything.**
- **Use unchlorinated, unfluoridated water.**

INSTRUCTIONS FOR ACTIVATING THE SCOBY

- 1 Combine 2-3 cups hot water and ¼ cup sugar in a glass jar. Stir to dissolve.
- 2 Add 1½ teaspoons loose tea or 2 tea bags. Steep at least 10 minutes.
- 3 Cool tea to 68°-85°F.
- 4 Remove tea bags or strain loose tea leaves from liquid.
- 5 Add ½ cup distilled white vinegar to cooled tea.
- 6 Add dehydrated scoby to tea mixture.
- 7 Dampen a cloth or coffee filter with white vinegar; place on jar and secure with a rubber band. Keep cover damp with vinegar during the culturing period.
- 8 Allow the mixture to sit undisturbed at 68°-85°F, out of direct sunlight, for 30 days.
- 9 After 30 days, even if there is no visible change to the scoby or liquid, the liquid should taste rich and vinegary. If so, your scoby is activated. Pour kombucha off top of jar for consuming; retain scoby and ¼ cup liquid from the bottom of the jar to use as starter for the next batch.

- It is normal that for the first few batches, no baby scoby forms, and there may be no visible signs of culturing.

INSTRUCTIONS FOR MAKING THE FIRST BATCH OF KOMBUCHA

- 1 Combine 2-3 cups hot water and ¼ cup sugar in a glass jar. Stir to dissolve.
- 2 Add 1½ teaspoons loose tea or 2 tea bags. Steep at least 10 minutes.
- 3 Cool to 68°-85°F.
- 4 Remove tea bags or strain loose tea leaves from liquid.
- 5 Add ½ cup distilled white vinegar to cooled tea.
- 6 Transfer scoby from the initial batch to the cooled tea.
- 7 Dampen a towel or coffee filter with white vinegar; place on jar and secure with a rubber band. Keep cover damp with vinegar during the culturing period.
- 8 Allow the mixture to sit undisturbed at 68°-85°F, out of direct sunlight, for 7-30 days, or to taste.
- 9 Pour kombucha off top of jar for consuming; retain scoby and ¼-½ cup liquid from the bottom of the jar to use as starter tea for the next batch.



FREE eBOOKS!

LEARN TO MAKE YOGURT, KEFIR, CHEESE,
SOURDOUGH, KOMBUCHA, AND MORE.

culturesforhealth.com/ebooks

ARTICLES, RECIPES HOW-TO VIDEOS

culturesforhealth.com/expert-advice



culturesforhealth.com

©2015 Cultures For Health, LLC

INSTRUCTIONS FOR MAKING KOMBUCHA BATCH 2 and 3

- 1 Use ingredients in the proportions shown in the table below for making up to ½ gallon of kombucha.

INGREDIENT RATIOS

Container Size	Tea	Sugar	Water
One quart	1 ½ teaspoons loose tea or 2 tea bags	1/4 cup	2 to 3 cups
Half-gallon	1 tablespoon loose tea or 4 tea bags	½ cup	6 to 7 cups

- 2 Combine hot water and sugar in a glass jar. Stir to dissolve.
- 3 Add tea. Steep at least 10 minutes.
- 4 Cool to 68°-85°F.
- 5 Remove tea bags or strain loose tea leaves from liquid.
- 6 For a quart-size batch, add ¼ cup distilled white vinegar and ¼ cup kombucha from the previous batch to cooled tea. For a ½-gallon batch, use ½ cup vinegar and ½ cup kombucha from the previous batch.
- 7 Transfer scoby from the previous batch to the cooled tea.
- 8 Dampen a towel or coffee filter with white vinegar; place on jar and secure with a rubber band. Keep cover damp with vinegar during the culturing period.
- 9 Allow the mixture to sit undisturbed at 68°-85°F, out of direct sunlight, for 7-30 days, or to taste.
- 10 Pour kombucha off top of jar for consuming; retain scoby and enough kombucha from the bottom of the jar to use as starter for the next batch.

INSTRUCTIONS FOR MAKING KOMBUCHA REGULARLY

- 1 Use ingredients in the proportions shown in the table below.

INGREDIENT RATIOS

Container Size	Tea	Sugar	Water	Starter Tea
One quart	1 ½ teaspoons loose tea or 2 tea bags	1/4 cup	2 to 3 cups	1/2 cup
Half-gallon	1 tablespoon loose tea or 4 tea bags	½ cup	6 to 7 cups	1 cup
Gallon	2 tablespoons loose tea or 8 tea bags	1 cup	13 to 14 cups	2 cups

- 2 Combine hot water and sugar in a glass jar. Stir to dissolve.
- 3 Add tea. Steep at least 10 minutes.
- 4 Cool to 68°-85°F.
- 5 Remove tea from liquid.
- 6 Add starter tea from the previous batch to cooled tea.
- 7 Transfer a scoby to the mixture.
- 8 Cover jar with a towel or coffee filter and secure with a rubber band.
- 9 Allow the mixture to sit undisturbed at 68°-85°F, out of direct sunlight, for 7 to 30 days, or to taste.
- 10 Pour kombucha off top of jar for consuming; retain scoby and enough kombucha from the bottom of the jar to use as starter for the next batch.
 - For instructions on flavoring and bottling, please visit our website.
 - Before bottling kombucha, carefully inspect the bottles for cracks, as cracks can weaken the integrity of the containers. We also recommend “burping” the containers occasionally during the second fermentation to release excess pressure.
 - Fermented foods often have a sour but clean aroma and flavor. Never consume anything that smells or tastes unpleasant.

For additional tips, troubleshooting, how-to videos, and recipes using kombucha, please visit our website.