

THE FIRST FERMENTATION

So you've got a SCOBY and you're ready to get this komboo-choo train rollin'. The first fermentation is where you actually make the kombucha that you'll be drinking!

INGREDIENTS FOR THE FIRST FERMENTATION

- 14 cups (112 oz) water (tap water should be fine)
- 1 cup (200 g) white sugar
- 8 bags black or green tea
- 2 cups (16 oz) unflavored kombucha (either from •a previous batch of strong kombucha or the liquid in your starter bag)
- 1 SCOBY

SUPPLIES FOR THE FIRST FERMENTATION

- A large glass or ceramic container (should hold at least 1 gallon (128 oz))
- Tightly woven cloth (coffee filters, paper towels, napkins, cheese cloth)
- Rubberbands
- Large pot for boiling water

FIRST FERMENTATION INSTRUCTIONS

1. Make Sweet Tea: Bring water to a boil. Remove from heat and dissolve sugar into it. Add the tea bags and allow them to steep for at least 20 minutes (or until tea has cooled).

2. Cool to Room Temp: Allow hot tea to cool to room temperature. Quicken this process by boiling just 4 cups of water, dissolving the sugar, and steeping the tea for 20 minutes. Then add remaining 10 cups of cold water, which will bring the mixture to room temperature faster. Test that the tea is room temperature by drawing out some tea with a paper straw, using your finger to keep the kombucha in the straw. (Don't be impatient here – hot water will kill your SCOBY).

3. Empty the Jar: With very clean hands, transfer SCOBY to an equally clean plate. If this is your first round of kombucha, reserve 2 cups of the liquid the SCOBY was growing in (that can be your starter kombucha), discarding the rest of the liquid (it is very acidic and not nice for drinking).

4. Add Starter: Pour the sweetened tea into your jar, then pour in unflavored starter kombucha. With clean hands, place SCOBY into jar.

5. Cover: Cover with a few layers of the tightly woven cloth and secure with a rubber band.

6. Ferment: Set the jar somewhere dark, still, and room temperature (70-75 degrees F, 21-24 C) for 6 to 10 days. Begin tasting at about 6 days by gently drawing out some of the tea with a paper straw (using your finger to hold the tea in the straw – don't use your mouth). It should be mildly sweet and slightly vinegary. The warmer the air temperature, the faster the kombucha will ferment. The longer the tea ferments, the more sugar molecules will be eaten up, the less sweet it will be.

You are now ready to drink the Kombucha from your jar and/or move on to step the second fermentation to carbonate your kombucha.

I prefer to drink my kombucha directly from the brew jar until I have roughly 2 cups remaining and I brew another batch. This choice is personal preference. I suggest you try multiple methods and do what you like best.

7. Go to 2nd Fermentation: Reserve 2 cups from this batch to use as starter kombucha for your next batch (just leave it in the jar with SCOBY). The rest can move into the second and final fermentation.

THINGS TO NOTE ABOUT THE FIRST FERMENTATION

Other teas can be used in this step! Feel free to experiment with green, white, oolong, or combinations of them. Fruit teas should be mixed with a few black tea bags to ensure the SCOBY gets what she needs to thrive.

Big SCOBY? Once the SCOBY gets to be about an inch thick, peel off a few layers to create a second SCOBY (use it to create another batch or gift it to a friend!)

THE SECOND FERMENTATION

The final and most fun step in the homemade kombucha making process! The second fermentation is where the real magic happens, flavoring and carbonating your kombucha into effervescent bliss.

INGREDIENTS FOR THE SECOND FERMENTATION

- Homemade kombucha from the first fermentation
- Sweetener (fruit, honey, or sugar). While there are many flavor combinations, we generally work with a ratio of 1 cup kombucha to:
 - 1 to 2 Tbsp mashed fruit or fruit juice
 - 1 to 2 tsp honey or sugar

SUPPLIES FOR THE SECOND FERMENTATION

You just need a few flip top fermentation bottles for the second fermentation. These bottles are meant for fermentation and have an airtight seal, which will prevent carbonation from escaping. If you don't have these, canning jars will do an alright job, though they aren't truly airtight.

SECOND FERMENTATION INSTRUCTIONS

1. Bottle: Funnel kombucha into bottles, leaving about 1 1/2 inches at the top (3.8 cm).
2. Sweeten: Add your chosen sweetener and seal tightly.
3. Ferment: Let ferment somewhere dark and room temperature for 3 to 10 days.
4. Serve: If desired, strain out fruit before serving. Place in fridge to slow the carbonation process and to chill before serving.

THINGS TO NOTE ABOUT THE SECOND FERMENTATION

Blast Zone: Your jars can explode if the pressure becomes too high! For your first few batches while you're still getting the hang of how kombucha reacts to your environment, bottle a portion of it in a plastic bottle. This will act as a gauge for the others; when the plastic bottle is rock solid, the rest are probably done. "Burp" them by opening each to release some pressure, then place them in the refrigerator to slow fermentation.

Faster Fermentation: Be aware that the kombucha will ferment more quickly when it is warmer and when there is more sugar/fruit. It will ferment more slowly in the opposite conditions!

HOW TO MAKE KOMBUCHA



7 cups water
½ cup sugar
4 bags tea

+



1 cup kombucha

1 to 4
weeks



SCOBY!

SCOBY

MAKE SCOBY



14 cups water
1 cup sugar
8 bags tea
1 SCOBY
2 cups kombucha

6 to 10
days



KOMBUCHA!

2 cups

1st FERMENTATION

SCOBY KILLERS

- decaf tea
- flavored tea
- honey
- metal
- refrigeration
- antibacterial soap



14 cups kombucha
favorite flavors

3 to 10
days



CARBONATION!

the rest

FAVORITE FLAVORS

- ginger + lemon
- mint + lime
- pineapple + basil
- mango + pepper
- vanilla + orange
- apple + cinnamon

2nd FERMENTATION

