

# homemade kombucha

(recipe adapted from <https://draxe.com/7-reasons-drink-kombucha-everyday/>)

## 1 quart-sized glass jar with a wide opening

Avoid using a plastic jar or bowl because the chemicals in the plastic can leach into the kombucha during the fermentation period. Look for a big metal or glass jug/jar/bowl and make sure the opening is wide enough to allow a lot of oxygen to reach the kombucha while it ferments. *\*If you are making a quart of kombucha, a quart sized jar is ideal - too much air space on top of the tea can lead to mold on the surface of your tea.\**

## 1 piece of cloth, a few coffee filters, or thick paper towels

Secure this material around the opening of the jar with a rubber band. Do not use a cheese cloth, as it allows particles to pass through. You can even try using an old thin cotton t-shirt or some simple cotton fabric.

## 1 SCOBY disk

## 4 cups filtered water

## ¼ cup organic cane sugar

Most of the sugar is actually “eaten” by the yeast during the fermentation process, so there is very little sugar left in the beverage by the time you consume it. It is important to use only organic cane sugar.

## 2 organic tea bags

For peak SCOBY health, black tea is recommended but you may try oolong or green tea (or any combo of these) once your SCOBY has grown to at least an inch thick and is hearty.

## “starter” kombucha

The liquid surrounding your bagged SCOBY serves as an appropriate starter for your first batch. In the future, reserve some of your brewed kombucha to begin your next batch.

Once you have gathered the materials listed above, follow these steps to brew your very first batch of delicious homemade kombucha:

1. On the stovetop, bring water to a boil. Remove from heat and add teabags. Steep for 10 minutes, then remove and discard bags.
2. Add sugar and stir until completely dissolved.
3. Allow the “sweet tea” you just made to cool to room temperature, then add it to the brewing jar.
4. Drop in the SCOBY disk and pre-made “starter” kombucha.
5. Cover the jar with cloth or other covering and secure with a rubber band or tie. The cloth should cover the wide opening of the jar and stay in place but be thin enough to allow air to pass through.
6. Store the kombucha jar out of direct sunlight and in a cool/dry place and allow it to sit for 2-4 weeks, depending on the flavor you’re looking for. Less time produces a weaker kombucha that tastes less sour, while a longer fermentation develops more taste. Beginning at 2 weeks, taste test the batch with a straw every few days to see when it has reached the right taste and level of carbonation for you. We personally enjoy a 4-week brew!

Here’s to your health!

Lisa Savitski

OurNourishingHome.com