

- Its extremely easy to brew your own healthy [Kombucha Mushroom](#) Tea at home

1. Boil Water. Do not over boil. Over boiling reduces the oxygen and carbon dioxide needed for fermenting kombucha.

The purpose is to heat the water sufficiently to extract the tea and dissolve the sugar. We recommend using only distilled water. NOT tap or well water.

2. Add Tea. Steep for recommended time dependent upon tea. Remove t-bags.

Some people only seep their tea for a few minutes others allow it to stay over night.

Many people choose their tea based upon the medicinal value of the tea. consider natural caffeine free Rooibos Tea,

Organic Green, Black or White Tea. (3 -4 bags per gallon)

3. Add Sugar. Do not boil longer than 5 minutes. Longer may "caramelize" the sugar. Most any sugar is OK to use. (1 cup per gallon)

4 . Cool to room temperature

5. Add "Starter Tea" (included in our kit)

(the liquid the scoby came in) Use the liquid from your previous kombucha brew for next round , this is added to kick start the fermentation process and to prevent mold !

6. Add the kombucha mushroom. Place the "mother" kombucha in the tea. Make sure that the tea is not hot

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Bring both to room temperature before adding. The kombucha will grow to fit any size container. The "mother" may float, sink or go on its side; No Problem.

7.Cover with cloth that is tight knit, coffee paper filters, paper towels are often used depending on the size of the container various covers are options.

The purpose is to prevent pathogens from contaminating the brew.

8.Leave undisturbed.

Typical 9 days at 79F (26C) or 14 days at 74F (23.5C). Some prefer their kombucha sweeter with a 6-8 day ferment. Brew to your taste.

9.Strain and drink, refrigeration will slow the fermentation process by 90% so when its to your likings , put it in the fridge .

10. Gently separate the new culture (baby) from the mother , now you have 2 scobys that can each make a new batch .and dont forget to save some starter tea for you will need it for your

next batch .

Enjoy !!!

