



# 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.

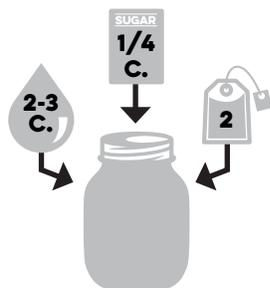
## What You'll Need

- 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

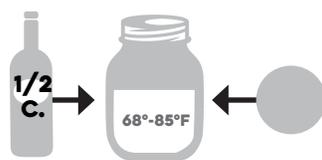
- A** **Combine** 2-3 cups hot water and ¼ cup sugar in a jar. **Stir** to dissolve.
- B** **Add** 1½ teaspoons loose tea or 2 tea bags. **Steep** at least 10 minutes.



- 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?**

## Instructions for Making Kombucha

INGREDIENTS	BATCH 1	BATCHES 2 AND 3		REGULAR BATCHES		
	QUART	QUART	1/2 GALLON	QUART	1/2 GALLON	GALLON
HOT WATER (CUPS)	2-3	2-3	6-7	2-3	6-7	13-14
SUGAR (CUPS)	1/4	1/4	1/2	1/4	1/2	1
LOOSE TEA (TSP.)*	1 1/2	1 1/2	3	1 1/2	3	6
VINEGAR (CUPS)	1/2	1/4	1/2	-	-	-
TEA FROM PREVIOUS BATCH (CUPS)	-	1/4	1/2	1/2	1	2

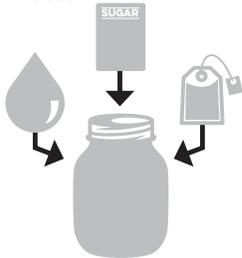
\* If using tea bags, use two bags for every 1 1/2 tsp. loose tea.

Once your **SCOBY** has been activated, use the ingredient amounts in the chart above and follow the instructions below to make more 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.

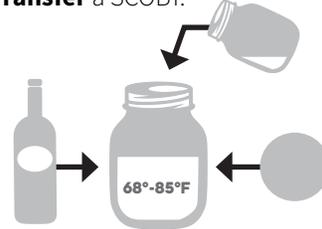


**C** Remove the tea bags or strain out the loose tea leaves. **Cool** the tea to 68°-85°F.

### 2. ADD THE SCOBY AND VINEGAR

**D** Add the vinegar and tea from the last batch, as directed by the chart, to the cool tea.

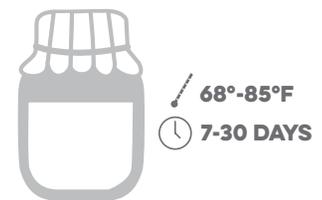
**E** Transfer a SCOBY.



**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** Allow the mixture to **culture** undisturbed at 68°-85°F, out of direct sunlight, for 7-30 days or to taste. **Apply** vinegar to the cloth daily to help prevent mold growth.



**H** Reserve tea for your next batch. Then drink your kombucha, or flavor and bottle it!

➔ **Bottle, flavor, and carbonate your kombucha!** Go online: [www.culturesforhealth.com/bottling-kombucha](http://www.culturesforhealth.com/bottling-kombucha)

## Questions? We can 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](http://www.culturesforhealth.com)

**Q** Is something wrong if I don't see a change to the tea or SCOBY after culturing for 30 days?

**A** It is normal for there to be no visible change to the tea or SCOBY for the first few batches. Follow the instructions to continue to brew kombucha batches.

**Q** My kombucha is fermenting and developing a cloudy layer on top. Is this normal?

**A** Yes. The cloudy white layer is a new baby kombucha SCOBY. Congrats! Make two batches at once or give a SCOBY to a friend.

**Q** How do I know my kombucha is ready?

**A** Test the aroma and flavor every few days. The liquid should taste less sweet and more rich and vinegary over time, with a clean but sour aroma. It shouldn't smell or taste unpleasant.

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](http://www.culturesforhealth.com)

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