

KOMBUCHA

how to brew

- revival homestead supply

Primary Fermentation

Yield: 1 gallon

Ingredients:

- 3 quarts + 2 cups filtered water
- 1 cup cane sugar
- 4 Tbsp loose or 4 bags tea: black, green, white, oolong or pu-erh kombucha SCOBY
- 1 cup mature kombucha from new SCOBY package or previous brew

Directions:

1. Place one quart of water and 1 cup sugar in a stock pot and bring to a boil.
2. Remove from heat and add tea. Steep for 5 minutes, then remove tea bags or strain loose tea.
3. Add remaining water. Tea should be lukewarm, not hot.

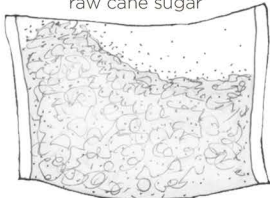


IN THIS KIT

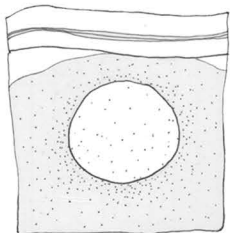
cotton jar cover
handmade in the USA



1 cup organic fair trade
raw cane sugar



redeem card to receive a
live SCOBY in mature tea



4 Tbsp organic
fair trade tea
a blend of
green & black



4. Combine lukewarm sweet tea with SCOBY and 1 cup mature kombucha tea in your one gallon glass jar.
5. Cover jar opening with the cloth cap in your kit.
6. Leave brew out at 65-75°F for 9-12 days or until desired potency is reached.
* see right for more detailed guidelines and brew time/temp troubleshooting
7. Optional: strain your finished kombucha through cheesecloth or a coffee filter to remove yeast strands.
8. Decant finished kombucha into jars or bottles for drinking, reserving 1 cup for next batch. Refrigerate and enjoy!
9. Brew next batch immediately. A continuous brewing cycle will keep SCOBY vibrant and healthy, making delicious, bubbly & healthy kombucha batch after batch. So, go ahead and return to step 1.

Length of fermentation varies depending on ambient temperatures, size of SCOBY, and personal preference of kombucha strength.

Temperature: 65 - 75°F is ideal for the long term health of your SCOBY, but seasonal variations in temperature are inevitable. Your kombucha will brew faster in 90°F weather, so bottling at 5-9 days is recommended. Over-brewing (especially if it's habitual) can alter the balance of micro-organisms in your SCOBY. In cooler temps, you may choose to brew for longer. Some people brew on a heating pad or wrap the jar in string lights during the winter to keep the temperature up.

SCOBY size: A SCOBY will grow indefinitely, so getting rid of old layers of SCOBY is sometimes necessary. A SCOBY weighing more than 8 oz. per gallon should be divided. Peel away the top half to keep. Compost the bottom half, or give it away. If the layers are too strongly fused to separate, cut in half with a clean knife.

Strength: You may like it sweet, you may like it sour. It's all good! Take a taste after 5 days of brewing. Bottle it then if you like it. If you don't, wait 2 days and taste it again. Bottle when the flavor suits you! If you plan on a secondary fermentation, bottle 1 - 3 days before it reaches desired sourness.

Secondary Fermentation

1. For strong carbonation, some source of sugar should be added at bottling. Per gallon of kombucha, add fresh fruit (1 c.), dried fruit (1/2 c.), juice (1/4 c.), jam (1/4 c.), syrup (1/4 c.), honey (1 T.) or cane sugar (1 T.) **
2. Fill a swing top bottle (pictured below) halfway with choice of sugar. Shake to mix. Top off with kombucha to the bottle's narrow neck, leaving 1-2" of head space.
3. Ferment for 1-3 days at 70-80°F. Store in a closed box to prevent damage or injury in the unlikely event of an explosion.
4. Refrigerate and enjoy!



Secondary fermentation is an optional step for increased carbonation. Contents may become pressurized. Please ferment safely to reduce risk of bottle explosion. Never store closed bottles of kombucha at temperatures above 100°F. For more information about safe bottling practices, tips and troubleshooting, visit: revivalhomesteadsupply.com/article/bottling



** For more ideas, recipes and flavor inspiration, visit our website: revivalhomesteadsupply.com/article/flavoring-kombucha



Need a break? For a hiatus of up to 3 months, brew a fresh batch and ferment at -60°F. For over 3 months, refrigerate. Your SCOBY may be sluggish for the next batch or two, but a healthy SCOBY will bounce back by the 3rd batch. Keep in mind, repeatedly taking long breaks from brewing will be detrimental to the vitality of your SCOBY.



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