

## KOMBUCHA DIRECTIONS

Kombucha is really easy to make. The most low-maintenance way is to start a continuous brewer that you just top off when it gets low. Here's what I bought to get started:

[Brewing urn & stand](#)

[Cloth cover](#) (you can also make your own with muslin and a rubber band)

[PH meter](#) to test readiness – if you're bottling and want carbonation, 3.2pH is good since it still has enough residual sugar to create bubbles; for drinking directly, 3.0pH is about right – you'll know by smell when it's ready after a while

[Swing top bottles](#) – if you want to bottle some

[Tea](#) – you can use whatever black or green tea you like, but Hannah's blend is delicious

[Heat wrap](#) – keeps the brew at a consistent temperature, especially in winter; not usually needed in summer unless you keep the air conditioner turned up

[Sugar](#) – I use organic cane sugar; everyone says that works much better than any other type

[SCOBY](#)

First, sanitize the brewing urn by swirling with white, distilled vinegar. Don't use any soap. Drain through the spout and wipe out any residual vinegar.

To start the brew:

- Boil 4 cups of filtered water (tap water might have chemicals that kill the SCOBY)
- Take water off the burner. Put 3-4 tsp. tea in a tea ball or muslin bag and steep in the boiled water for 9-10 minutes.
- Take out the tea and add 1 cup of sugar. Stir to dissolve.
- Pour the hot tea/sugar mixture into 12 cups of cold filtered water. Put the watered down tea/sugar mixture in the urn. That should get it about 1/2 way full.
- Repeat to fill it almost to the top. You could double the recipe from the get-go, but the smaller amount is easier to deal with in my experience.
- Sanitize a knife or scissors with distilled white vinegar, and cut open the SCOBY pouch. Pour the SCOBY and liquid into the urn with the tea/sugar water.
- Cover and let sit undisturbed for 10 days. Test PH until you get to 3.2 – then it's ready to drink.

At that point, I bottle about 1/2 of it (about 6 swing top bottles), and top off with the same tea/sugar/water recipe – except don't double it. Since you have a starter, it should only take a few days to get the brew to 3.2 PH again.

You can flavor the bottled kombucha, too. My favorites so far are hibiscus/ginger (about a tablespoon of each) and blueberry (I thaw about a 1/8 c. of frozen blueberries in the microwave for each bottle). There are lots of other recipe ideas online.

Your SCOBY will grow and split after a couple months. At about 3 months, I took out the SCOBY with sanitized hands, split it and put it into a [large jar](#) w/enough kombucha to cover. You can store them indefinitely in a dark place that way – or give them away when you have too many. Then I sanitized the urn and started a fresh batch with the remaining SCOBY.