

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Kombucha

1 Gallon recipe

Ingredients:

- 1 cup organic sugar (don't use honey or agave as it may disrupt the bacteria balance, white sugar is OK)
- 4-6 tea bags - for loose leaf tea, 1 bag of tea=1 teaspoon (at least 2 bags of tea should be from the *Comellia sinensis* plant)
- Starter Culture-Scoby (can be obtained from a friend already making the brew or purchased from a web site such as www.kombuchakamp.com)
- 1 cup starter liquid - from a previous batch (or use vinegar)
- 1 gallon purified water

Supplies:

- tea kettle or stainless steel pot
- brewing vessel - 1 gallon glass jug works great
- cloth cover
- rubber band

10 Steps to Kombucha

1. Heat 4 cups of water to just boiling
2. Add hot water and tea bags to brewing vessel and steep for 10 minutes
3. Remove tea bags
4. Add sugar, stir until dissolved
5. Fill the brewing vessel with cold purified water to about 2-3" from the top (This brings down the temperature of the mixture).
6. Test the temperature, it must be room temperature (lukewarm) before adding the Scoby
7. Add Scoby and starter liquid and fill the rest of the brewing vessel with water to the top
8. Cover with a cloth and hold in place with the rubber band. Don't use cheesecloth - the cloth must have a tight weave (you can use a coffee filter).
9. Put away in a warm dark place. Ideal brewing temp is between 70-77 degrees F. Don't disturb it for 7-10 days. The longer you go the stronger and more vinegary/tart tasting it will be.
10. Remove Scoby and at least a cup of the brew to a glass container for next batch (Do not touch the Scoby to metal). Pour your Kombucha into bottles and store in refrigerator or another cool place until consumption.

