

# The Big Book of Kombucha

by Hannah Crum & Alex LaGory

I'm going to let you in on a little secret... whenever I get one of those security questions when I open a new account, I use "What is your favorite drink?" The answer is always kombucha. It truly is my favorite drink. To buy it at the store can run you anywhere from \$3 -\$6 a bottle and that adds up, especially when you like to drink it most every day. That is why I chose to learn how to make my own and it costs me just a few cents per bottle. I have now been brewing my own kombucha for at least 5-6 years. I LOVE it. It is easy, tasty and so economical.

I first learned how to make kombucha from the author of this book, Hannah Crum. I would watch her YouTube videos and I have visited her website [www.kombuchakamp.com](http://www.kombuchakamp.com) many times. I even saw her lecture at a Mother Earth event. She knows her stuff when it comes to kombucha. I was SO excited when she came out with this book. It has *everything* you need to know in one place. You seriously don't need anything else. This is such a great and comprehensive book!

The Big Book of Kombucha walks you through how to make your own brew and much more. The major sections include:

- Getting Started
- Just Brew It
- It's More Than a Health Drink
- Cooking with Kombucha
- The Story of Kombucha

As I said, I have been brewing for over 5 years and I still learned a lot from this book. For example, I learned how to increase the carbonation (or *effervescence* as she calls it) in my second ferment. She also has tons of different flavor recipes for your brew. I have tried several and found a few new favorites. I've learned about some new tea combinations and she has great recipes on things you can do with kombucha other than just a drink.

Whether you are new to brewing or have been brewing your own kombucha for some time, this is a great resource book. I know you will learn something you hadn't known before!

