



## HOW TO MAKE YOUR OWN KOMBUCHA SCOBY

Adapted from True Brews- Emma  
Christensen- Ten Speed Press

14 cups water  
1 cup/ 7ounces sugar  
8 bags tea or 2 tbsp loose tea. (black,  
white, oolong, no teas containing oils)  
2 cups (16-ounce bottle) unflavoured and  
unpasteurized (raw) commercial  
kombucha

1. Bring the water to a boil in a large pot. Remove from the heat and stir in the sugar until dissolved. Drop in the tea and allow it to steep until the water has cooled. Remove the tea bags or strain out the loose tea. Stir in the commercial kombucha. Pour the mixture into a 1-gallon glass jar or two 2-quart jars, depending on whether you want to make one scoby or two. Cover the mouth of the jar(s) with a few layers of cheesecloth or paper towels secured with a rubber band.
2. Keep the jar(s) at room temperature, out of direct sunlight, and where it won't get jostled. Ferment for 7 to 14 days. You won't see much action for the first few days. Around day 5, you may start to see little groupings of white froth and bubbles on the surface. A few days later, a transparent gel

should start to form over the surface of the liquid, and it will start to smell vinegary. The gel will eventually darken to a creamy beige, but may look bubbly, puckered, spotted, or otherwise primordial. This is all fine.

3. When the Scoby had formed a thick jelly layer 1/8 to 1/4 inch thick, it is ready to use for making kombucha. Throw away the liquid used to make the scoby and start fresh. Your first few batches of kombucha may take longer than normal or not carbonate as quickly. As the scoby becomes stronger and more adapted to the environment of your kitchen, your kombucha will become more consistent, and the scoby itself will start to look like a smooth, rubbery pancake.



*Scoby stands for "symbiotic culture of bacteria and yeast" It's a patty of cellulose that is made by the bacteria during fermentation. That patty contains all the life that is in kombucha, the yeast and bacteria together.*