

Boil one gallon water. Turn off heat and add tea and one cup sugar. Stir to dissolve sugar and remove tea after 3-5 minutes. Pour warm tea into your brew-container and let it cool to room temperature. Add the entire contents of one scoby packet. No need to stir. Put cloth cover over the batch and secure it with rubber band. Think kind thoughts about your kombucha. Scobys need love, too.



Or, make kombucha with bottled ice tea - Wow! Less work. The easiest kombucha ever! Make kombucha in the one-gallon jar the tea comes in. Open the jug of tea and pour out 3/4 of a cup to make room. Add 1/4 cup sugar and shake very well. Add the entire contents of **one scoby packet** from your kit. Cover the batch with the cloth cover. Secure the cloth with a string or rubber band. Keep the cap to use later. Some bottled teas have corn sweeteners and preservatives. They don't bother kombucha.

When is your kombucha ready? After a week, taste a sample with a clean spoon. Taste it every few days. It will taste less sweet and more tangy/sour everyday. When it tastes good to you, it's ready to drink, usually 14-21 days. Congratulations! You made kombucha! Remove the scoby and transfer your kombucha to clean jars with tight fitting lids and refrigerate. If you like a little more carbonation, put the lid on, and let the batch sit at room temperature for a day or two, then refrigerate.

More instructions for [Fruit Juice Kombucha Kit](#), [Kombucha Vinegar Kit](#), [2-Gallon Kombucha Kit](#) and [Make Your Own Kombucha Kits](#) with teabags

A new scoby will grow on top of each batch. It usually looks like a thin film of jelly, then gets thicker. It may sink, another scoby may start. Your scoby should look wet or slippery or slimy on top. You may see sediment at the bottom of your jar. It's all good. Think good thoughts about your batch. Our experience is kombucha responds to the thoughts and feelings of those around it. Spread a little love around.

Keep your batch warm! Don't warm up your whole house, just make a warm spot for your batch. Heating pads work great when your house is cool. Pharmacy type heating pads, seed sprouting pads, lizard/snake pads, puppy heating pads and yogurt makers provide a bit of gentle warmth. Move the batch closer or away to regulate the temperature. You might find a warm spot on your water heater, or furnace, near a radiator or a pilot light. It's better to keep your batch a little too warm instead of a little too cool. If you put your batch in small space to keep it warm, leave the door open a bit, for fresh air.



You can use any kombucha, juice kombucha or vinegar you make to start a new batch. Keep one cup of any batch, and a small piece of scoby, to start the next batch. Follow the directions above and add the one cup and scoby, when directions call to add one scoby packet. Your culture can last forever and make thousands of batches.

Good sanitation protects your kombucha. Wash your hands before handling your batch. Use clean utensils, Avoid used kitchen sponges, dish cloths, or dish towels. Avoid brewing near old wooden cabinets, old books or carpet, over ripe fruit, or lots of houseplants. Keep your batch away from drafts, open windows, AC units or vents.

Occasionally, mold forms on a batch. Mold looks dry, powdery or fuzzy and is always on the top surface. Anything growing under the scoby is not mold. Mold will usually rub off on your finger. If you suspect mold but you're not sure, let the batch brew a few more days. If it's mold, it will be much more obvious in a few days. Mold is rare, but if you have mold, destroy the entire batch, and start over with a new batch, new container and another culture packet.

Trace amounts of alcohol can be created during fermentation, usually less than 1/2%, but it can be higher. We do not recommend kombucha or juice kombucha for pregnant women, children, or those who need to avoid alcohol. Much of the sugar in your batch is converted into acid during fermentation. Your batch starts with around 100-150 calories per 8 oz serving and tastes sweet. After brewing, some of the calories have been converted to acid and it tastes sour/tangy. The calorie count will be reduced to 40-70 calories per 8 ounce serving. Kombucha vinegar, after brewing 40-45 days, is very low in sugar and alcohol.