Let's talk about BOOCH, baby!

A BASIC GUIDE TO BREWING YOUR OWN KOMBUCHA

BROUGHT TO YOU BY
CHABOT SPACE AND SCIENCE CENTER
OAKLAND, CALIFORNIA

WORDS + ILLUSTRATIONS:
MADELEINE BUCK
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Kombucha is a fermented, lightly + slightly alcoholic, + carbonated, probiotic tea drink. (Probiotics are live microorganisms which help regulate + restore gut flora.)

It is produced by fermenting tea using a SCOBY (Symbiotic Culture of Bacteria + Yeast)

Making kombucha at home is a fun and affordable way to incorporate beneficial, gut-lovin' probiotics into your life while learning all about fermentation!

Let's brew some 'booch!!

Your Everything-But-The-SCOBY Kit includes:
- Black tea, sugar, and a straining bag.

You will also need: - a SCOBY
- 1/2 C of "starter tea" (for your first brew, any unflavored, black-tea kombucha will do just fine!)
1. Brew your tea

Bring 3 1/2 cups of water to a boil. Remove from heat and dissolve the sugar. Steep the tea until your mixture has cooled. Remove the tea bags (or leaves) and stir in the starter tea.

2. Add the SCOBY

Transfer your tea to a quart-sized jar and gently slide the SCOBY into the jar, with clean hands. Cover the jar with cheesecloth or a few layers of paper towels, and secure with a rubber band.

3. Ferment it!

Store your booch in a secure location at room temperature + out of direct sunlight. After 7 days, begin to taste the KOMBUCHA DAILY. When it has reached a level of sweetness + tartness you enjoy, it is Ready to Bottle!

4. Bottle your booch!

When your booch is ready, brew + cool another pot of STRONG tea for your next batch.

Gently remove your SCOBY and set it on a plate. Measure out your starter tea and set aside for your next batch.

Pour your KOMBUCHA into bottles, straining if desired, leaving a few inches of space at the top to allow for carbonation. Consume within a month.
## Scale It Up!

<table>
<thead>
<tr>
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<th>Water</th>
<th>Tea</th>
<th>Sugar</th>
<th>Kombucha</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 qt</td>
<td>1 qts</td>
<td>1 1/2 tsp</td>
<td>1/4 c</td>
<td>1/2 c</td>
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<tr>
<td>1/2 gal</td>
<td>1 tbsp</td>
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<td>1 gal</td>
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## Brewer's Notes:
- You can carbonate your Kombucha by allowing it to sit for another 1-3 days. Refrigerate to stop the carbonation process.
- During the bottling stage, you may add juice or flavorings at a 1:3 or 1:4 ratio, or herbs to taste.