

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

www.madeleinebuck.com

KOMBUCHA IS A FERMENTED,
◦ slightly alcoholic; ◦ *lightly* ◦
◦ carbonated,
PROBIOTIC TEA DRINK.

(PROBIOTICS ARE LIVE MICROORGANISMS
WHICH HELP REGULATE + RESTORE GUT FLORA.)

IT IS PRODUCED BY FERMENTING TEA USING A

— **SCOBY** —

(**S**YMBIOTIC **C**ULTURE OF **B**ACTERIA + **Y**EAST)

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!)

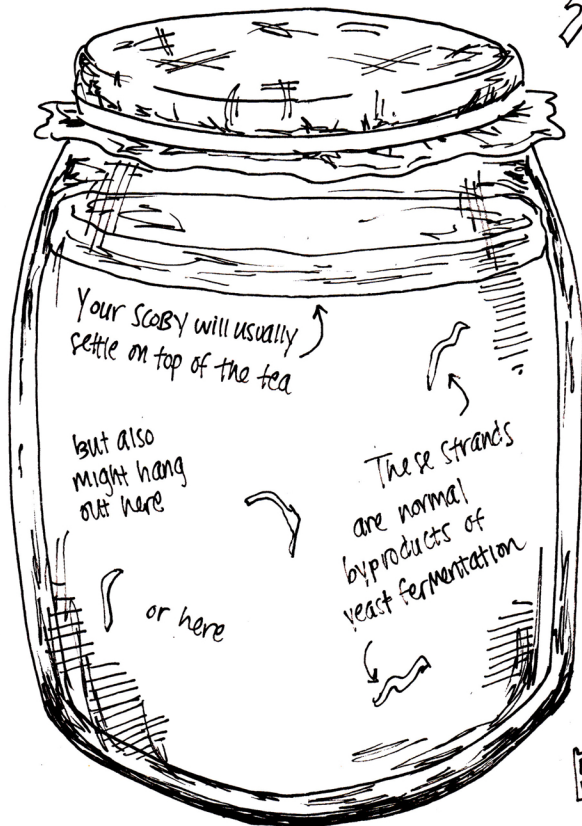
1. Brew your tea

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.

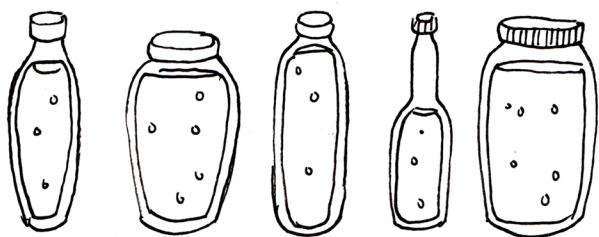


3. Ferment it!

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!

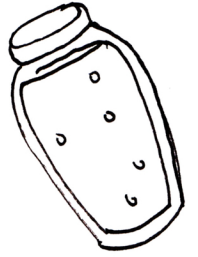
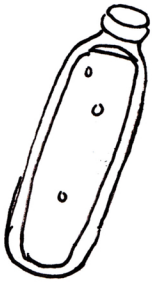
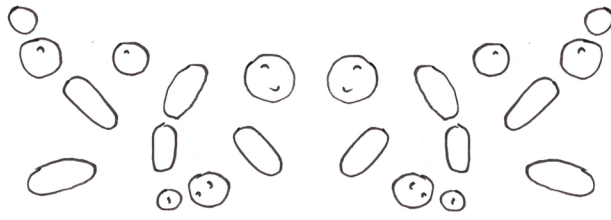


WHEN YOUR BOOCH IS READY, BREW + COOL
ANOTHER POT OF **STRONG TEA**
FOR YOUR NEXT BATCH.

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.



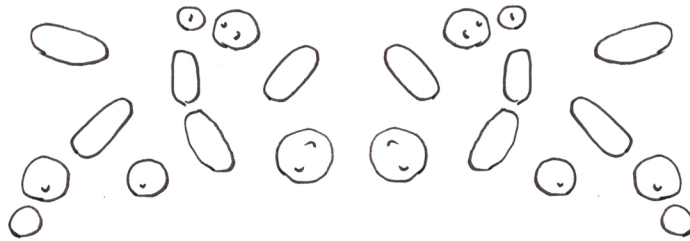
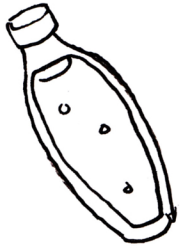
SCALE IT UP!

WATER	TEA	SUGAR	KOMBUCHA
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1 QT	1 1/2 TSP	1/4 C	1/2 C
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1/2 GAL	1 TBSP	1/2 C	1 C
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1 GAL	2 TBSP	1 C	2 C
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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.

