

1 cup Sugar

Tea — green or black —
2-3 T loose OR
4-6 bags

Water
4 c HOT

10-12 c room temp

1 S.C.O.B.Y.*
* symbiotic collective of bacteria and yeast

2 c starter tea/plain Kombucha

(+ maybe 1-2 T of vinegar to lower pH, if needed)

• A relationship with MUTUAL BENEFIT between multiple organisms

⑩ ENJOY

and get your next batch started with the reserved SCOBY and starter tea!

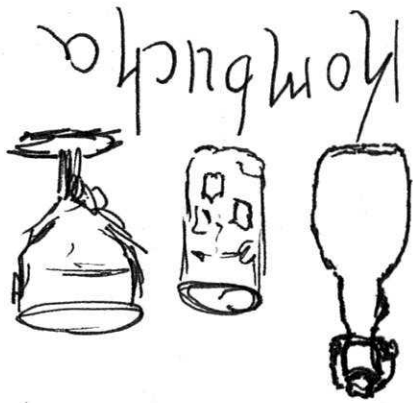
The Wild with in collective @ proton.me

Unneeded Haudenosaunee

Land April 2025

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You Can Make

① Steep tea in HOT Water 10 min: Strain
Green: 170° F: + White Tea
200°: 190° F: Oolong Tea
Black tea

② Dissolve sugar in tea. Cool to ~100°F.

③ In gallon jug or jar:
Sweet tea
SCOBY.
starter tea
H₂O to fill (nearly)

⑧ To 6c kombucha
1/2-1 c fruit/juice/
Herbs/spice
in SEALED container
that is CARBONATION
SAFE
(Mason jar = airtight)
(Jars saved from store bought kombucha)
(flip-top style bottles)
Ferment 2-4 more days. Briefly daily; chill.
⑨ Strain, bottle, & chill.

④ Check pH with strip or meter
4.5 or Lower!
Add vinegar if needed.

⑤ Cover w something breathable (coffee filter, cheesecloth...)
Label with date

⑥ Ferment #1
6-21 days until desired sweet/sour levels

⑦ Reserve SCOBY + 2 c starter tea for next batch.
Flavor the next however you desire!
Fruits Veggies
Herbs Spices
Juiced or chopped
Can split 1 batch into smaller jars, each flavored differently