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How to Make Kombucha

- 1.) Boil 3 quarts of water. Take off heat and add enough green or black tea for 5-6 cups of tea. You can use bags or loose leaf. Brew according to type of tea (usually 1-5 minutes). Strain off leaves, then add 1 cup of sugar. Cool to room temperature.
- 2.) While the tea is cooling, take the finished batch of Kombucha. Take half of the old mother and give away to friend. Save rest of mother and 1 cup of already made Kombucha. This you will add to the new batch after the tea in the first step cools to room temperature. The rest of the Kombucha can be bottled, put in fridge, and enjoyed.
- 3.) After tea in step 1 has cooled to room temperature, add it to the mother and 1 cup of already made Kombucha from step 2. Ideally you should put a batch of Kombucha in a glass, clay crock, or stainless steel container with a large opening. Cover the container with cheese cloth, so as to keep out fruit flies, etc. Put in a dark place and wait for 10 days before starting all over with step 1.

Have fun!