



DIY Kombucha - Class Notes

Some Definitions

Kombucha is a fermented sweet tea that contains organic acids, active enzymes, amino acids and polyphenols as well as many B-vitamins. When bottled it will also become fizzy and carbonated. Many people think it can be good for your gut health. It may contain a small amount of alcohol and caffeine.

SCOBY - Symbiotic Culture Of Bacteria & Yeast

Things You'll Need

To brew your own Kombucha, you will need the following items:

- Kombucha SCOBY & starter liquid
- A large jar or two - I use 1/2 gallon jars
- Jars to bottle in, can be swing top bottles to help with maintaining carbonation
- Granulated sugar
- Tea - black or green, unflavored. Loose or bagged.
- Strainer
- Non chlorinated or filtered water
- Coffee filter or cheesecloth and a rubber band for covering the jar.
- Dried or fresh fruit or herbs for flavoring

For more information

- [The Big Book of Kombucha](#) by Hannah Crum & Alex LaGory
- yeemos.com
- SCOBYs and kits range from \$15-\$50