

# Kombucha 101

## FAQs

1. What is Kombucha? A lightly effervescent fermented drink of sweetened tea that is used as a functional food. Some place it in the category of "ancient medicinal foods" as GT Dave says "living food for a living body"
2. What does it taste like? Flavored, slightly sweetened and effervescent...
3. This delicious refreshing and salutary fermented tea beverage is consumed all over the world in places like: Bulgaria, Germany, Indonesia, Japan, Manchuria, Poland, Russia and more...
4. How much can I drink? 4-8oz is recommended.
5. Is it sugar free? No, however the longer you ferment (brew) the tea the less sugar it will contain. Most Kombucha brands contain 2 to 8 grams of sugar per serving.
6. Will it get me drunk? Not likely, however Kombucha can contain alcohol.
7. What is the alcohol content? Anywhere from .5 to 3%
8. How is it beneficial to my health? According to Weston A. Price Foundation ([www.westonaprice.org](http://www.westonaprice.org)), Kombucha is rich in B vitamins and a substance called glucuronic acid which binds up environmental and metabolic toxins so that they can be excreted through the kidneys. Glucuronic acid is a natural acid that is produced by the liver. Kombucha simply supplies the body with more and boosts the natural detoxification process. Glucuronic acid is also the building block of a group of important polysaccharides that include hyaluronic acid (a basic component of connective tissue), chondroitin sulfate (a basic component of cartilage) and mucoitinsulfuric acid (a building block of the stomach lining and the vitreous humor of the eye) as well as amino acids, oxalic acid, and butyric acid.
9. What is a Scoby? An acronym for "Symbiotic Colony (Culture) Of Bacteria and Yeast." Symbiosis: having an interdependent relationship: a close and usually obligatory association of two organisms of different species that live together, often to their mutual benefit. Many people feel the relationship between humans and dogs is symbiotic! ;D
10. What is the purpose of the SCOBY? To eat the sugar in the tea, transforming the tea into a refreshing, fizzy, somewhat sour fermented beverage that is low in calories and sugar.
11. How long does it take to make Kombucha? If you like it light and sweet 7 days, or if you're going for the bold, tangy flavor that Kombucha is known for 25-35 days. The longer your brew sits untouched, and the temperature surrounding your brewing container all impact the end result
12. What can I use to flavor it? What's your favorite flavor?! Ginger, elderberry, pear/clove, raspberries, pineapple, white grape, mint, tart cherry juice, kumquat...

The advice & informational content of our seminars do not necessarily represent the views of Nature's Food Patch. Please consult your health professional for your personal medical condition.

# NATURE'S FOOD PATCH Market & Café

1225 Cleveland St • Clearwater, FL 33755 • 727-443-6703  
www.naturesfoodpatch.com

## Kombucha Tea Recipe

### 2 GALLON BATCH

(Measure everything for consistency)

Boil large pot of filtered water. Add 1/3 cup loose or 15 unbleached bags of tea, organic plain, unflavored black, green or white (no Earl Grey or herbal), with caffeine (English or Irish Breakfast are good choices)

While tea is boiling add to the glass brewing container 3 cups white organic cane sugar  
Pour the hot tea into the brewing container. Stir to dissolve sugar and top off with water leaving a few inches from the rim.

When cooled add: the Kombucha colony (Mother, Scoby, Parent, Culture, Mushroom etc.) & 1 cup previously prepared finished Kombucha tea (or 1/2 cup of white, plain distilled vinegar, if you have no starter (finished tea). This is to prevent mold.

***Do not let your mother (scoby) come in contact with: heat, metal and/or flavorings, such as ginger or fruit, other fermentations, i.e kefir, sauerkraut & raw vinegar. (distilled is fine as outlined above)***

- Cover the container with clean dish cloth and secure it tightly with a rubber band, elastic, or string to keep out insects and airborne contaminants.
- Place it where it will remain undisturbed.
- Above 68 degrees for best results.
- The mother will either float or hang there, either is fine.
- Before long a film will form on the top, (the scoby).
- Let it ferment for up to 30 days, plus or minus a few depending on the growing temperature and how acidic (sour) you like it. You will soon learn to tell when it's getting ready to bottle by the mild and sweet vinegar smell.

Join me for Kombucha Ready to Harvest  
July 24th @ 6:30pm at Nature's Food Patch! ;D

The advice & informational content of our seminars do not necessarily represent the views of Nature's Food Patch. Please consult your health professional for your personal medical condition.