

# How to...

## Make your own Kombucha



If you've tried Rachel's amazing homemade Kombucha at Hula café, and wanted to have a go at fermenting your own batch — you're in luck! Rachel's given us her top tips to creating your own, so even if you know nothing about the process (like me), you have all the info in Okey Dokey Designs first 'How to guide'!

Kombucha is a living beverage that is fermented using black or green tea, sugar and a SCOBY. The SCOBY converts the tea into many living organic acids such as gluconic, lactic and acetic acids. These are linked to a huge range of health benefits that includes organ cleansing, improved digestion, strong immunity, lowers blood pressure and anti-aging. With a little practice and a few basic tips, it is a real simple beverage to create in your own home.

Come along to our "Love Your Gut" essential oil, fermenting and wellness workshop at Hula, Tuesday 30th of July. 6-8pm.

### Step 1



Brew a pot of sweetened black or green tea. Let cool down.

### Step 3



Drink and enjoy!

### Step 2

Add your "Mother", "Mushroom" or "SCOBY" (Symbiotic Colony Of Bacteria & Yeast) and cultured starter liquid to the tea and let ferment for a minimum 7 days to 30 days or even more.

It will take at least 7 days for the yeast to convert the sugar into ethanol or healthy acids. The longer the ferment, the more ethanol is created, which give a stronger vinegar flavor.

Keep your bouch covered with a tea towel or fabric to allow the culture to breath and in glass vessel is best. Make sure it is in a warm environment (23C is prime fermenting temperature) and out of direct sunlight.



Information kindly supplied by  
**Rachel from Hula café**

07-866 0323  
5 Albert St, Whitianga 3510  
Open 7:30am - 2:30pm daily

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