

How to make a kombucha Scoby

Step 1: The Basic Ingredients

First, you need a bottle of raw kombucha. You will be using 1 cup.

It doesn't matter what brand you choose to use, just make sure that it is raw and that it has some of the "chunky" yeast/bacteria at the bottom of the bottle. You'll use them to create your own "scoby".

Next, you will need [black tea](#).

It doesn't matter what brand you use for this either, just choose one that you like! You will need about a tablespoon of loose leaf black tea (or four tea bags).

Next, you'll need a half a cup of [raw cane sugar](#).

You won't want to be using a sugar substitute or reduce the amount because the sugar is used to raise the bacteria/yeast needed to ferment the tea into kombucha.

You will also need six to seven cups of hot water.

And lastly, a [2 quart jar](#) to hold it all.

Step 2: Put Together the Ingredients

Put the half cup of sugar into your mason jar, and pour in six to seven cup of hot water.

Then stir until the sugar is completely dissolved.

After the sugar has dissolved, add in the tablespoon of black tea to the jar and let steep for 20 minutes of more. Allow tea to come to room temperature and then strain to remove the tea leaves before starting the culture.

Step 3: Add the Starter Culture

Make sure that the tea is at room temperature before you add in your starter culture to make ensure that you don't kill the important bacteria. Add one cup of your raw kombucha to the jar (make sure that it is the bottom half of the bottle in order to get the "scooby" at the bottom of the bottle).

Step 4: Store and Ferment

Now the last step to creating your own "scooby" is to store the jar in a dark place at room temperature.

Make sure to cover your jar with a paper towel, but not the lid of the jar, so that bugs and dust can't get into it but the "scooby" still have the oxygen it needs to ferment.

The fermenting process usually takes 2-4 weeks.