

FRESH CULTURE - ENDLESS BATCHES

Your Endless Kombucha guide



When your starter arrives

Refrigerate immediately upon receipt and feed within **24 hours**. A sharp, astringent odor may be normal on arrival; feed the starter after its journey.



Gather your tools

Fresh SCOBY with its 4 ounces of starter tea; quart jar; chlorine- and fluoride-free water; white or organic cane sugar; tea; strainer; thermometer; butter muslin; rubber band; pH strips.

FIRST BATCH - STEP 1

Prepare the sweet tea



In a glass jar or plastic container, combine **2-3 cups hot water** with **¼ cup white or organic cane sugar**. Add **2 tea bags or 1½ teaspoons loose-leaf tea** and steep for **at least 10 minutes**.

Reminder: 10-minute steep

Set the 10-minute reminder on the online page. Steep at least 10 minutes, then cool the tea.

Batch ratios for subsequent batches

Ingredient	Quart	½ gallon	Gallon*
Hot water (cups)	2-3	6-7	13-14
Sugar (cups)	¼	½	1
Loose tea (tsp)	1½	3	6
Previous-batch tea (cups)	¼	1	2

*Brew 2-3 smaller batches before gallon batches. For your first quart, use all the supplied SCOBY and 4 ounces (½ cup) starter tea.

FIRST BATCH - STEPS 2 & 3

Cool first. Then add the culture.



2. Cool and remove the tea

Cool the mixture to room temperature, **72-85°F (22-29°C)**. Remove the tea bags or strain the leaves completely from the liquid. Check the temperature before adding the culture.



3. Add the fresh SCOBY and starter tea

Add the **entire package of live SCOBY, including its 4 ounces (½ cup) of starter tea**, to your freshly brewed, cooled sweet tea.

Check before adding your culture

Use a thermometer to confirm **72-85°F (22-29°C)**. Remove the tea completely. Add the entire live SCOBY package, including all **4 ounces (½ cup)** of supplied starter tea.

Your culture is fresh and live. These instructions begin with a fresh-culture batch; no dehydrated-culture activation stage is needed.

FIRST BATCH - STEP 4

Cover and ferment



Cover with butter muslin and secure with a rubber band. Let the mixture sit undisturbed at **68-85°F (20-29°C)**, out of direct sunlight, for **7-30 days**. Start tasting at day 7, then taste every **2-3 days** until it reaches your desired flavor. A SCOBY should start to form during this time. The longer it ferments, the less sweet and more tangy it becomes.

Reminder: first taste at day 7

Request your first taste reminder when you cover your jar. Then request a **2- or 3-day** taste reminder each time your brew needs longer. Each reminder is a separate request.

Check before tasting

If you see dry, fuzzy mold, do not taste. Discard the batch and culture and contact Cultures for Health. Keep the jar out of direct sunlight.

FIRST BATCH - STEP 5

Pour, reserve, and enjoy



Pour kombucha off the top of the jar for drinking. **Retain the SCOBY and enough kombucha from the bottom of the jar** to use as starter tea for your next batch. Reserve the amount in the batch-ratio chart before adding any fruit or flavoring.

Save your next batch first

Reserve the SCOBY and enough **unflavored starter tea** for the next batch before adding any fruit or flavoring. Use the ratio chart on page 2 for the batch size you choose.

Your finished kombucha can be enjoyed plain or used in the recipes on page 8.

MAINTAINING YOUR KOMBUCHA

Keep the batches going



Repeat steps **1-3** for continuous batches. Add the SCOBY formed during your first batch and **8 ounces (1 cup) of finished kombucha**, as directed in the maintaining instructions. Cover and ferment as in step 4.

Batch-size note

The supplied maintaining instructions specify 8 ounces; the chart lists $\frac{1}{4}$ cup for a quart, 1 cup for a half gallon, and 2 cups for a gallon. Use the chart for a chosen batch size. Reserve unflavored starter tea before bottling or adding fruit.

Reminders for each new batch

Use the maintaining section's day-7 taste reminder when you begin a new fermentation. Request another 2- or 3-day taste check if needed.

TESTING PH · TIPS FOR SUCCESS

Get to know your culture

Testing kombucha pH levels

A drop in pH is a good indicator that bacteria and yeast are at work. The supplied instructions recommend approximately **pH 3.6 or lower** for finished kombucha.

Read your test strip

1. Dip a test strip into the kombucha for **1-2 seconds**.
2. Wait **10-15 seconds**, then compare with the strip's color scale. Do not let the strip dry before comparing.

Tips & tricks for success

- Keep the SCOBY at **68-85°F (20-29°C)**. Lower temperatures slow culturing; higher temperatures can encourage harmful bacteria.
- A SCOBY is a solid culture of yeast and bacteria. It normally floats and looks like a jellyfish. Formation of a new SCOBY is a sign of active fermentation.
- Longer fermentation produces a less sweet, more tangy brew.

Optional carbonation

The supplied instructions suggest a sealed bottle at room temperature for **3 days**. Use bottles designed for carbonation and monitor pressure. Set a **1-day pressure check** and/or a **3-day carbonation check**; pressure can build sooner. Refrigerate when ready.

If you need help

If you see dry, fuzzy mold, do not taste the brew. Discard the batch and culture. Send a photo, temperature, fermentation time, and ingredient details to info@culturesforhealth.com.

Reminders on the online instructions page offer calendar, email, and text options. Email and SMS delivery require the configured Klaviyo flows and confirmed channel consent.

YOUR BATCH IS READY

Make something delicious

Reserve your SCOBY and unflavored starter tea first, then use finished kombucha in these recipes. Click a recipe title or image to open it.



Lemon-Ginger Zinger Kombucha



Strawberry (or Any Berry) Kombucha



Any Fruit Juice Fizzy Kombucha



Apple-Cinnamon Kombucha

First batch ready to enjoy?

That's homemade kombucha — you made that. **Share your batch** and tag #culturesforhealth, or **leave a review**.

Recipes and featured images: Cultures for Health. Brewing instructions transcribed from the supplied Endless Fresh Kombucha instruction panels.