

GREEN TEA + HONEY + A LIVE SCOBY

Your first batch of live JUN



What you need

- 1 live JUN Tea Kombucha SCOBY with 4 oz starter tea
- 3 cups chlorine- and fluoride-free water (bottled spring water)
- 1/4 cup honey
- 2 green tea bags or 1 1/2 tsp loose green tea
- Thermometer and measuring cups
- Coffee filter or tight-weave cloth and rubber band
- Glass jar: 1 quart for the starter culture; 1/2 gallon for the kit
- Plastic mesh strainer; pH strips included with your culture



Before you begin: Refrigerate your unopened live starter until ready to use. Use by the date on the bag.

FIRST BATCH - STEPS 1 AND 2

Prepare your honey tea

STEP 1 Prepare the honey tea



In a glass jar or plastic container, combine **3 cups hot water** and **1/4 cup honey**. Add **2 green tea bags** or **1 1/2 tsp loose green tea** and steep at least **5-10 minutes**.

Optional timers: Use the 5- or 10-minute steeping timer on the instructions page. Keep the page open.

STEP 2 Cool and remove the tea



Cool the mixture to room temperature, **72-85°F**. Remove the tea bags or completely strain the tea leaves from the liquid.

FIRST BATCH - STEPS 3 AND 4

Add the culture and let it brew

STEP 3 Add the live culture



Add the **entire package of live SCOBY with 4 ounces of starter tea** to your freshly brewed, cooled sweet tea.

STEP 4 Cover and culture



Cover with a **coffee filter or butter muslin cloth** and secure with a rubber band. Allow the mixture to sit **undisturbed at 70-80°F, out of direct sunlight, for 7-30 days, or to taste**. The longer it ferments, the less sweet and more tangy it will taste.

Check-in reminders: Choose email, text or calendar reminders at 7, 14 or 30 days. Check taste and pH before harvesting; a reminder does not confirm that the batch is finished.

FIRST BATCH - STEP 5 AND BATCH CHART

Harvest and save your next batch

STEP 5 Pour, save and repeat



Pour JUN kombucha off the top of the jar for consuming. Retain the **SCOBY and enough kombucha from the bottom of the jar** to use as starter for your next batch. See the batch chart below for how much starter tea to save.

Keep starter tea plain. Add fruit or juice only after separating the SCOBY and reserved starter tea.

Ratios for subsequent batches

Ingredient	Quart	1/2 gallon	Gallon*
Hot water	2-3 cups	6-7 cups	13-14 cups
Honey	1/4 cup	1/2 cup	1 cup
Loose green tea	1 1/2 tsp	3 tsp	6 tsp
Tea from previous batch	1/4 cup	1/2 cup	1 cup

Start here: Use quart ratios until a baby SCOBY begins forming as a thin film at the top of your tea.

***Gallon batches:** Brew 2-3 smaller batches first.

PH, TEMPERATURE AND THE NEXT BATCH

Check your brew with confidence

Using the included pH strips

A drop in pH indicates that bacteria and yeast are at work. The supplied instructions recommend approximately 3.6 for finished kombucha.

- 1. Dip for 1-2 seconds.** Dip the test strip into the solution to be tested.
- 2. Compare after 10-15 seconds.** Compare its color with the supplied scale. Do not let the strip dry before comparing.
- 3. Check the result.** Finished JUN kombucha should be pH 3.6 or lower.

Use the supplied color scale: Colors shown on screens and printers may differ from the actual test-strip chart.

Common questions

How long should I culture it?

Follow the supplied 7-30-day range, or to taste, at 70-80°F. Longer culturing produces a less sweet, more tangy drink. Check the pH as described above.

What is that thin film?

A baby SCOBY begins forming as a thin film at the top of the tea. Continue with quart batches until this starts forming.

When can I add fruit or juice?

After you harvest the finished brew and reserve your SCOBY and plain starter tea. Add flavorings to the portion you plan to drink.

What if I need help?

Contact the Cultures for Health team at info@culturesforhealth.com, or explore culturesforhealth.com/learn.

For flavored JUN: CFH's JUN-specific guidance suggests a second fermentation of 1-3 days before refrigeration. JUN can carbonate faster than ordinary kombucha. Monitor carbonation and use bottles designed for fermentation.

The next page links to flavor recipes written for kombucha. Use the JUN-specific timing above when adapting them to your finished JUN.

FOUR FLAVORS FOR YOUR FINISHED JUN

Make it yours

Reserve your plain starter tea first, then explore these flavors. Each recipe image and title links to the original CFH recipe.



Lemon-Ginger Zinger Kombucha

[View recipe online >](#)



Strawberry (or Any Berry) Kombucha

[View recipe online >](#)



Any Fruit Juice Fizzy Kombucha

[View recipe online >](#)



Apple-Cinnamon Kombucha

[View recipe online >](#)

Useful brewing tools

Brewing jar • Thermometer • pH strips • Butter muslin

Your first JUN batch? You made that.

Share your brew and tag #culturesforhealth on Instagram. Leave a review on the Live JUN Tea Kombucha Starter Culture product page.

[Leave a review](#) | [Explore brewing tools](#)