

Here is a quick brew guide from Danny the happy herbalist (thanks again!)  
as a guide maintain these ratios to the volume of water  
(one quart water/3 ounces sugar/3 grams tea)

you must always have at least 10-20% of a previously brewed kombucha tea that is sufficiently sour (>3.0 pH).

You may therefore add up to 90% fresh sugar & tea and begin drinking as soon as it properly ages.  
Typically 25% every 2-3 days

water            one quart (1 litre) of water

sugar            1/4 cup sugar (70-100 grams, or 2-3 ounces)

tea                3-5 grams, 2/10 ounce, or 2-3 t-bags, or 1 heaping teaspoon, or personal preference.

#### Boil Water

Do not over boil. Over boiling reduces the oxygen and carbon dioxide needed for fermenting kombucha. The purpose is to heat the water sufficiently to extract the tea and dissolve the sugar. We recommend using only good pure water. NOT tap or well water

#### Add Tea

steep for recommended time dependent upon tea. Remove t-bags. Some people only seep their tea for a few minutes others allow it to stay over night. Many people choose their tea based upon the medicinal value of the tea. Research indicates Pu-erh Tea is beneficial in intestinal disorders. White Tea is higher in anti-oxidants. Rooibos caffeine free. Black tea is traditional KT.

#### Add Sugar

Do not boil longer than 5 minutes. Longer may "caramelize" the sugar. see information of different sugars

cool down

When the solution has cooled add to the Fermenting Container