



Kombucha (Base)

Makes 1
Gallon

Let's whip up a tangy, heart-loving Hibiscus Kombucha that'll make your taste buds do a bubbly dance! Let's begin with the Base Kombucha (your first fermentation).

Ingredients

- 1 organic SCOBY
- 1 cup plain organic kombucha (starter liquid—only if your SCOBY doesn't include it; use liquid from your previous batch for later rounds)
- 2 Tbs organic, loose black tea (or 6 tea bags)
- 1 cup organic, raw sugar
- 1 gallon filtered water

Tools

- Organic cotton, reusable tea bag (if using loose tea)
- Small pot
- Large glass jar (1-gallon capacity)
- Unbleached coffee filter and rubber band

Directions

1. In a small pot, bring 2 cups of filtered water to a boil, then turn off the heat and remove from the stove.
2. Place the tea in a reusable tea bag, set it in the pot, and let it steep for 5-10 minutes.
3. Remove the tea bag, then stir in 1 cup of sugar until it dissolves completely.
4. Pour this sweet tea into a 1-gallon glass jar, then fill the jar with room-temperature filtered water, leaving room for the SCOBY, starter liquid + about 3 inches from the top for breathing room.
5. Let it cool to below 85°F/29°C (heat can harm the SCOBY, so be patient).
6. Add the SCOBY and 1 cup of starter kombucha, giving it a gentle stir to mix.
7. Cover with coffee filter, secure with a rubber band, and let it sit in a warm, dark spot (70-75°F/21-24°C) for 7-14 days. Taste after a week—it should be tangy with a hint of sweetness. Longer fermentation means less sugar, more tartness (great for **GAPS** folks).
8. Once it's to your liking, scoop out the SCOBY (it'll have grown!) and 2 cups of the liquid into a clean jar with a lid, then store in the fridge for your next batch.
9. Enjoy Kombucha plain by bottling and keeping in the fridge or perform a second fermentation with your favorite herbs.
10. If not doing a second fermentation, see the Wise & Wild Tips on the next page.





Hibiscus Kombucha

Makes 6-7
16 oz
bottles

Hibiscus Flavoring (Second Fermentation)

Ingredients

- 2 Tbs dried, food-grade organic hibiscus flowers per bottle

Tools

- 1 Gallon of Base Kombucha
- Stainless steel funnel
- 6-7 16oz swing-top, airtight bottles

Directions

1. Add 2 Tbs of hibiscus flowers to each bottle (use the funnel if needed).
2. Using the funnel, pour the base kombucha into the bottles, leaving 1-2 inches of headspace.
3. Secure the lids tightly and let them sit at room temperature for 3 days—or to your taste.
4. **Important:** After 24 hours, release the pressure build-up by opening the lid to "burp" your kombucha. Replace the lid and repeat for 2 more days (and any extra days you ferment). Don't skip this—I've had kombucha bombs from forgetting to burp!
5. When the flavor's just right, pop the bottles in the fridge, strain, and enjoy! No need to burp once refrigerated since the fizz slows way down in the cold.



Tips (The Wise & Wild Way)

- Sanitize all equipment with vinegar (not soap) to keep the SCOBY happy.
- Instead of storing your SCOBY, just start another batch right away!
- New SCOBYs grow with each batch—share with a friend or compost the extras!
- **Get creative:** Use the same process for flavors like dried lavender, orange peel, rose hips, or milk thistle for liver support—the possibilities are endless!
- **Wise Reminder:** Don't forget to burp each day during your second fermentation.

