



## Live Jun Tea (Kombucha)

Jun Tea (The champagne of Kombucha) is a delicious and naturally effervescent, fermented probiotic beverage that is traditionally brewed using green tea and raw honey lending to its unique and delicate balance of flavors.

A SCOBY (Symbiotic Culture of Bacteria and Yeast) is where it all starts. To brew your own batch, just use the live Jun SCOBY and starter liquid to begin brewing your own delicious and healthy Jun Tea right away!

**ACTIVATING THE JUN SCOBY** (*This step is only required for the first use*) We recommend making a smaller batch using the SCOBY with all of the starter tea provided and use half of the ingredients listed below for a one gallon batch in order to activate the Jun SCOBY and to help it get acclimated to the wild yeast in your honey. This will help guide the fermentation process.

FOR A ONE GALLON BATCH YOU WILL NEED THE FOLLOWING:

- 1 live Jun Tea (SCOBY) with starter tea (approximately 12oz.)
- 1 cup of honey
- 5-7 green tea bags
- filtered water
- 1 gallon (or larger) jar
- elastic band
- coffee filter (or piece of cloth)

**Step 1:** Add approximately 2-4 cups of filtered water to a pot and bring to a boil. Place tea bags into pot and steep for 10 minutes. Allow to cool (covered) to room temperature.

**Step 2:** add cooled tea and honey to gallon jar. Add filtered water until jar is filled approximately half way and stir to combine.

**Step 3:** Add Jun Tea (SCOBY) and starter liquid and gently stir.

**Step 4:** fill container with filtered water up to one gallon and gently stir.

**Step 5:** Cover container with coffee filter (or cloth) and use elastic band and place in well-ventilated area between 70- 80 degrees. (Do not place in direct sunlight). Allow brew to ferment for 4-10 days or until it reaches desired flavor. At this time, it is ready to drink or it can be placed into pressure resistant bottles (plain or with juice, fruit or herbs) for second fermentation. Second fermentation takes between 3-5 days and then the brew should be refrigerated. This will give the brew its characteristic effervescence.

Be sure to retain approximately 2 cups of Jun Tea and the SCOBY to continue with a new batch.

**Ingredients:** *Live Jun Kobucha (SCOBY) Starter Culture, Filtered Water, Maine Honey (from our hives), Organic Green tea.*

-Enjoy Your Brew!