

EQUIPMENT:

- + a large GLASS jar with surface area in which to ferment your kombucha
- + a cloth, paper towel, or very fine-knit cheese cloth, plus a tie/ rubber band to secure it around the jar's mouth

INGREDIENTS (w/ ratios, from "Wild Fermentation"):

- + 1 quart/ liter water
 - + ¼ cup sugar
 - + 1 tbsp. or a couple bags of organic caffeinated tea
 - + ½ mature acidic kombucha
 - + kombucha mama/ SCOBY
- "SCOBY": a Symbiotic Culture of Bacteria and Yeast



a few resources for you:

"Wild Fermentation," a wonderful book written by Sandor Katz.

<https://www.kombuchakamp.com>

<http://www.culturesforhealth.com>

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