



## **Kombucha and still no picture!**

Sat, 12/11/2010 - 09:55 -- Susan E. Roth

Greetings everyone! I hope that you are all ready for the holidays. I have gotten the fall decor down, and feed to the wild life, and my pile of fresh greens are sitting, waiting patiently for me to make them festive. I have spent most of today learning how to download pictures onto face book and trying to get a few on here. So far, I have them in a file on this site- but not successful on getting them out of the file into view. Oh well, enough being frustrated for one day. When It finally does get posted, you will notice a glass of "bubbly" in my hand. It is my homemade Kombucha, not Chamagne, although I am told the two mix well. Joel asked me to share my recipe, but I am going to do a little better. I am refering you to [gotkombucha.com](http://gotkombucha.com). A man named Dave has a wonderful free course on brewing kombucha there, for all you need to know. Now how I make mine a little different. You must use real black tea and real sugar to feed the culture. That being said you can still add other things to flavor the Kombucha. EVERYTHING I use is organic. I use ginger and sassafras to give mine a little zing. For a four quart batch, I use three, one inch pieces of ginger (in a muslin bag) and about a 1/2 cup of sassafras bark in another muslin bag. I put both of these in the filtered water when cold and then bring to a boil. The sugar goes in next, then it comes back to a boil, and taken off the heat, when you add the black tea ( in another muslin bag). For the proportions of tea and sugar refer to the web site listed. But I use about 1/2 cup of loose black tea and 3 cups of sugar for the one gallon batch. I take the black tea bag out after about five minutes and let the tea drip back into the mixture. Do NOT squeeze the tea- too many bitter tannins get in that way. I leave the ginger and the sassafras in the mix until it cools enough to add to my continous brewer. If you go to the website and then have questions, please feel free to ask, but I wanted to direct you to an expert. You do not have to make a continous brew- but it is the easiest way for me. Happy Brewing! And tasting!

Caution: Do not drink too much to start with- you can get some serious detoxing going on, which can be everything from flu like symptoms, to GI tract problems. Start off easy. Also, if you are super sensitive to caffeine or have heart problems, check with a knowable health practitioner before drinking. The caffeine content is lowered and the sugar converted, but some people still may have problems if they are super sensitive.

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