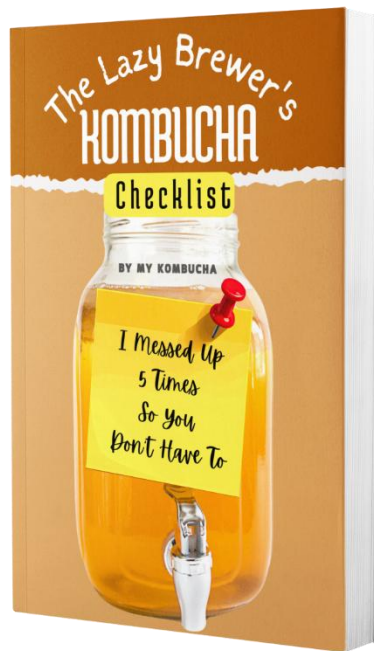


FREE CHEAT SHEET- The Lazy Brewer's Kombucha Checklist

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(Brew Perfect Kombucha in 5 Minutes Active Time!)



Why This Checklist Works?

This method strips away the complexity and focuses only on what's essential. No more overthinking—just follow these steps for **fizzy, probiotic-rich kombucha** every time.

The Lazy Brewer's Toolkit (My Tried-&-True Picks)

Invest once, brew forever. Here's exactly what I use:

1. 1-Gallon Glass Jar with Spigot.

This is the #1 game-changer. It lets you mix tea instantly and bottle without disturbing your SCOBY.*

My Pick: "The Kombucha Shop 1-Gallon Fermentation Jar with Spigot" (Amazon)

Why: Food-grade, sturdy spigot, and includes a breathable cover.

2. High-Quality Organic Black Tea.

Black tea gives your SCOBY the best nutrients to thrive.

My Pick: "Davidson's Organic Assam Black Tea Bags" (Amazon – 100-count)

Why: Consistent, robust flavour, and non-GMO. A huge bag lasts forever.

3. Organic Cane Sugar.

Your SCOBY eats the sugar—you won't drink it! Don't use alternatives for your first ferment.

My Pick: "Wholesome Organic Cane Sugar" (Amazon or any grocery store)

Why: Reliable, fine-grained for quick dissolving, and consistently pure.

4. Glass Swing-Top Bottles (For Fizz!)

Essential for creating that satisfying carbonation in the second ferment.

My Pick: "Bormioli Rocco Fido Bottles, 16 oz" (Amazon – 4-pack).

Why: Excellent seal, classic look, and the perfect size for flavour experiments.

5. pH Strips (Optional but Smart).

Takes the guesswork out of fermentation. Perfect for beginners to gain confidence.

My Pick: "Hydrion pH Test Strips, Range 2.5-4.5" (Amazon).

Why: Specifically designed for kombucha/fermentation. A quick dip tells you if it's ready (ideal: pH 3.5 or below).

✅ The 5-Minute Brew Day Checklist

Print this and check it off as you go!

PREP (1 Minute):

- **Cleanliness is Key:** Wash hands and rinse all tools with **white vinegar** (no soap residue!).
- **Gather:** Jar with spigot, measuring cup, tea, sugar, filtered water, starter tea, SCOBY.

STEP 1: The 2-Minute Lazy Sweet Tea

- **Heat 1 quart of filtered water** (microwave or kettle until hot, not boiling).
- **Steep 4-5 black tea bags** for 5-7 minutes in a large glass measuring cup.
- Remove tea bags and stir in **1 cup (200g) of organic cane sugar** until fully dissolved.

STEP 2: The 1-Minute Foolproof Mix:

- Pour the concentrated sweet tea into your **spigot jar**.
- Add **3 quarts of cool, filtered water** directly to the jar (this cools it instantly!).
- Check temperature is **below 85°F (29°C)** (wrist test: should feel lukewarm).
- Add **2 cups of starter tea** from your previous batch.
- Gently slide your **SCOBY** into the jar.
- Cover jar opening with a **tight-weave cloth or coffee filter**, secure with a rubber band.

STEP 3: The Forgetting Phase**

- Place jar in a **dark, warm spot** (68-78°F / 20-25°C is ideal). Away from direct sun.
- **SET A TIMER for 7 days.** Do NOT disturb! This is the lazy magic.

- **Day 7:** Taste with a straw through the spigot. It should be tart, not sweet. If sweet, wait 1-2 more days.

STEP 4: Easy Bottling for Fizz (1 Minute Active)

- Have clean **swing-top bottles** ready.
- **Optional Flavouring:** Add 2-3 pieces of frozen fruit, 1 tsp grated ginger, or a splash of juice to each bottle.
- Using the spigot, fill bottles leaving **1-2 inches of headspace** at the top.
- Seal bottles tightly and leave at **room temperature for 2-3 days** (the **second fermentation**).
- **CRUCIAL:** "Burp" one test bottle daily by opening slightly to check carbonation pressure.
- Once fizzy, **refrigerate ALL bottles** to halt fermentation. Enjoy cold!

3 Mind-Blowing Kombucha Facts

1. **Your SCOBY is a Zoo:** That rubbery disk is a **Symbiotic Culture of Bacteria and Yeast**. A single SCOBY contains billions of live organisms working together to create your brew.
2. **It's Self-Preserving:** The acidic environment kombucha creates (pH ~3.5) prevents harmful pathogens from growing. That's why it's one of the **safest home ferments!**
3. **The "Mother" Multiplies:** Every batch grows a **new "baby" SCOBY** layer. You can use it to start a new batch, give it to a friend, or start a **"SCOBY hotel"** as a backup.

Quick Troubleshooting:

Before you panic, check this:

- **No Fizz?** -Ensure bottles are sealed tight during second ferment. Add a tiny bit more sugar (like a raisin) to each bottle for the yeast to eat.
- **Too Sour?** -You have over-fermented. Next time, brew for fewer days or use a cooler spot. You can blend this batch with juice as a tangy mixer!
- **Weird Stuff Floating?** -If it's not fuzzy (like MOLD), it's likely yeast strings or bubbles. They're harmless. **Only fuzzy, coloured spots mean toss it.**

Want More Lazy Brewer Secrets?

This cheat sheet is just the start!

👉 Subscribe to “My KOMBUCHA” on YouTube for weekly deep dives into:

- **Flavour Hacks** with stuff from your fridge.
- **What Went Wrong?** troubleshooting sessions.
- **Advanced lazy methods** (like continuous brewing).

👉 https://www.youtube.com/@MyKombucha-j3z?sub_confirmation=1

Ready for the NEXT LEVEL?

Watch my new video right now: "**GREEN KOMBUCHA SECRETS Revealed | Supercharged Gut HEALTH at Home**" – where I break down why green tea kombucha is a gut-health game-changer you can't buy in stores!

👉 <https://www.youtube.com/watch?v=tQ0Mt0hWKYY>

You've tasted that kombucha. Now you want to make money from it?

Have a look at my book on Amazon title:

KOMBUCHA Business Blueprint: How to Start a Commercial Kombucha Brewery on a Small Budget and Scale, It into a Profitable Brand (U.S. & U.K. Legal Guides Included)

LINK: <https://mybook.to/kombuchaforbusiness>

I hope to see you around in our social media sharing your experience in brewing KOMBUCHA at home...

Happy (Lazy) Brewing!

Cheers to your health and simplicity,

My KOMBUCHA

YouTube: <https://www.youtube.com/@MyKombucha-j3z>

Website: <https://www.mykombucha.co.uk/>

P.S. Tag us on social media with #LazyKombucha to show off your brew!