

Food Therapy



Host, Lynn Ogryzlo



Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Kombucha

3 tea bags of black, white, or green tea
4 cups (1 L) boiled, dechlorinated water
1/2 cup (125 mL) organic sugar
1/2 cup (125 mL) of acetic kombucha vinegar
1 Kombucha SCOBY

Steep tea bags in hot water for 5 - 10 minutes. Add organic sugar and stir in. Remove tea bags & cool tea to room temperature. Add acetic kombucha starter and living SCOBY. Cover jar with cheesecloth and secure with an elastic band. Begin fermentation in warm, dark environment, out of sunlight. After 6 days, taste. Taste daily until ferment is sweet/sour enough to your liking.

Once ready, pour kombucha into a clean, glass picture. With remaining SCOBY and 1 cup (240mL) of kombucha mother, set in covered jar for next brew.

Flavour the kombucha in the picture with fresh fruit, juice, roots, herbs, flowers, or steeped herbal tea. See flavour inspiration below. Let sit for 1-2 days with closed lid, until flavour meets your liking. Remove flavouring agent by straining out the flavour ingredients. Continue fermenting flavoured kombucha with air tight lid.

Keep flavoured kombucha at room temperature with air tight lid for 1-3 days to increase carbonation. Check daily by opening slowly to test carbonation. Once carbonation suits your liking, store in fridge. Enjoy this ancient elixir of life anytime of the day!

Blueberry Thyme with Vanilla Honey

1/4 cup (60 mL) blueberries
1 tsp (5 mL) dried or fresh thyme
1/2 tbsp (7.5 mL) vanilla honey



Recipe + photograph courtesy of Shannon Kamins, Owner + Master Fermenter, Booch Organic Kombucha
www.boochorganickombucha.com

Episode #19: Kombucha + Health with guest, Shanon Kamins

Email Lynn with questions or comments at

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Because What You Eat Matters!