

Pantry Prep Checklist: What to Gather This Week

1. Kombucha Starter Kit (Just-in-Time Buy)

- Includes SCOBY + starter tea to skip the culture-growing wait
- Use my favorite affiliate kit to stay stocked and supported: [Grab your Kultures for Health Kombucha Kit here](#)
- Why it matters: You'll start brewing on Day 1—no guessing, no grocery store delays

2. Tea & Sugar Essentials

- 6–8 bags of good-quality black tea (English breakfast or similar)
- $\frac{3}{4}$ – 1 cup raw or cane sugar (essential—they feed the culture)
- Pro Tip: Loose leaf works better, but tea bags are totally fine

3. Fermentation Vessel

- One 1-gallon glass jar (or 1-qt jars × 4 for smaller batches)
- Non-metal vessel only—kombucha is acidic!

4. Secure Covering Setup

- Breathable cloth (coffee filter, cotton bandana, or fine cheesecloth)
- Rubber band or jar ring to hold it in place
- Keeps out dust, ensures airflow, and avoids contamination

5. Temperature Tools (Optional, but Helpful)

- Food thermometer (70–90 °F ideal range)
- Replacement tip: Use your finger to check the jar—it should feel room temp, not hot

6. Set a Dedicated Brewing Spot

- Choose a warm, dark, undisturbed area—like a shelf or kitchen counter (70–80 °F)
- Prep a small tray or placemat to catch drips

7. Planning Timeline

- Day 1: Brew sweet tea + cool + add SCOBY + starter → ferment
- Day 5–10: Taste daily—when it hits “your sweet spot,” it’s ready for bottling

8. Bottling & Flavoring Prep

- Get several flip-top or screw-top bottles/jars (16 oz ideal)
- Have juice, herbs, ginger, or fruit on hand if you want a second ferment fizz

9. Clean-Up Tools

- Bottle brush, funnel, strainers for easy transfers and cleaning
- Optional sanitizing: mild vinegar or food-safe sanitizer

10. Simple Brew Log

- Create a one-page record sheet with:
 - Brew date
 - Tea + sugar amounts
 - Ferment start & tasting notes
 - Bottling date & flavors

Quick Wins Before the Week Ends:

- Order your kit today → arrive in 2–3 days
- Steep your first batch of sweet tea (use tea bags)
- Prep jars + cloth covers so you're ready Day 1

Why This Matters:

- Skip overwhelm: Clear, tangible steps, no guessing
- Start fast: Your kit + tools = brew-ready in under a week
- Build confidence: Each step is doable—no decision fatigue here

Once your kit arrives, you'll be ready to go. Then you'll hit play on that first brew, witness the SCOBY at work, and taste something magical—made by you.