

Kombucha Culture

About Kombucha

Kombucha Culture is also referred to as a mushroom. It is utilized in making Kombucha Tea. Information suggests Kombucha as a positive approach for people suffering from cancer, AIDS, MS, arthritis, stress, chronic fatigue, Candida, constipation, chronic diarrhea, indigestion, prostate problems, male and female incontinence, hemorrhoids, PMS, menopausal symptoms, weight imbalance, aging skin, hair loss, graying hair, kidney and gallstones, high cholesterol and hardening of the arteries, acne, psoriasis, diabetes and hypoglycemia, to name but a few. We strongly suggest that you investigate Kombucha Culture on your own.

We do not intend to make claims that Kombucha Culture is a cure-all, or that it has any curing properties whatsoever. We are passing on information. We recommend that you consult with a health professional before using Kombucha culture.

In traditional medicine the application of Kombucha showed such positive results, that names such as magic and miracle were associated with it. Sprout Master is an authorized distributor for Kombucha International.

Harald Tietze - Kombucha The Miracle Fungus

Kombucha History

The exact origin of the Kombucha Culture is unknown. Information that we have read, tell us that the culture has been around for thousands of years. The Moscow Central Bacteriological Institute calls the Kombucha a 'tea fungus' or 'tea sponge'. Their research shows that the culture is formed from bacterium xylinum and yeast cells of the genus saccharomyces. These components offer a natural antibiotic effect when used as a tea. The tea is said to offer vitamins B1, B2, B3, B6, B12, folic acid, dextrogyral, glucuronic acid and usnic acid.

Making Kombucha Culture Tea

When you purchase your own Kombucha Culture, you will receive comprehensive instructions on the care, feeding and use of Kombucha Culture. Making the tea is relatively simple, but you must follow the instructions implicitly.

Many people brew Kombuchas separately, while others prefer the continuous fermentation process. We use both methods. If you are using Kombucha solely to brew tea, the continuous fermentation method is ideal. If you are interested in further uses, such as using extra cultures for skin applications, you will need to brew your Kombuchas separately to ensure the growth of many baby cultures. To brew separately, you basically brew your tea in a large clear glass bowl, filled with the liquid you received your culture in, sugar and additional organic tea made with purified water. Then you will cover the bowl with a white cotton cloth tied securely with string. After seven to ten days you will harvest your tea and bottle it. Your original culture or 'mother' will produce a 'baby' culture in this time frame, allowing you to start two new batches.

Fermentation

Continuous fermentation is a method of brewing one batch, with one culture, in a Kombucha crock. Every 10-12 days, (once your kombucha tea has been brewed) bottle up all but 3 cups of tea (leave all cultures in the keg along with the starter tea) now boil your water, sugar and add your tea bags, let cool and simply add this to your keg, cover and after 10-12 days start all over again. When the cultures start to take up too much space in your keg. Clean out all but 1 culture and start brewing in the same manner.

