

## The Kombucha is Truly a Gift From God, and if Properly Cared for, Can Last Its Owner a Lifetime.

There are a number of misleading and dangerous Kombuchas and “growing” instruction sheets making the rounds. No one means to cause others harm, but most people, no matter how well-intentioned, have not thoroughly researched the growing, harvesting, and continued maintenance of the Kombucha, and are unfamiliar with its unusual chemistry.

For instance, did you know that the Kombucha will try to detoxify its bowl? And that growing the Kombucha in a plastic, ceramic, colored glass or crystal bowl can actually poison you? And that the babies grown from that Kombucha are also contaminated, and most likely will ALWAYS be contaminated, so that starting over with a clear, uncontaminated, Pyrex-type bowl will NOT solve the problem?

Or that “stacking” multiple Kombuchas in one bowl starves them? Or that storing them in plastic bags in the refrigerator for more than a week can substantially weaken or even contaminate them? Forever?

Or that the “baby” grows on TOP of the “mother?”

Or that you can drink 4 ounces of Kombucha tea

three times a day. Or less? Or more? And it's OK?

Did you know that using honey instead of beet or cane sugar can kill or cripple some of the Kombucha's healthy bacteria, turning it into an ordinary yeast patty? And that you can't “bring it back?” No matter what you do?

Or that using most herbal teas, or Earl Grey tea can permanently weaken the Kombucha or even kill it?

Now that I've scared you, notice that we've enclosed our *own* “growing instructions”. And if this doesn't help, write us. ‘Cause we will.

God bless — *Betsy*

*and the Kombucha Tea Babies' Team*

Laurel Farms grows our Kombuchas under optimal sanitary and climatic conditions, and guarantees their purity, integrity and consistency, or your money back. In accordance with U. S. Food and Drug Administration guidelines, Laurel Farms can make no health claims regarding the benefits of Kombucha tea. Always seek the advice of your health care provider. Fermented Kombucha tea contains an average of one half a percent of alcohol and has a pH acidity level of approximately 2.5, similar to that of Coca-Cola.

  
from laurel farms™ with love

The Home of the Original American Kombucha • PO Box 2896 • Sarasota, Florida 34230 • tel 941-351-2233 • fax 941-358-0380

©2001

©2003

See our all new website!  
LaurelFarms.com

Kombucha  
tea™  
from Laurel Farms™ with love

When making  
new tea  
Keep mom + baby  
covered with  
Kombucha tea™

The Home of the Original American Kombucha • PO Box 2896 • Sarasota, Florida 34230 • tel 941-351-2233 • fax 941-358-0380

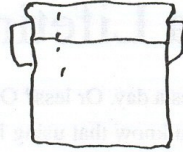
remove all fruit, food, dirty dishes, houseplants from mushroom growing area. Wash hands.

large  
stainless steel  
pot



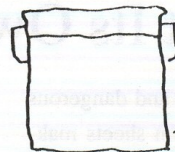
boil  
water.

1-1/2 cups  
white  
sugar



boil  
5 minutes.

add  
4-5 black  
tea  
bags (or)  
3-4 green, 1 black



turn off stove

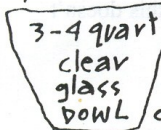
steep tea bags  
for 10 minutes.



remove  
tea bags.

using organic  
tea can cause  
mold.

cool tea  
for 20 mins  
then  
pour into



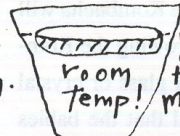
then cool to room  
temp < 1 3/4 hrs >  
do not leave  
overnight!

add 6oz of Kombucha tea™  
as "starter"

- 1st time use tea  
from our ziplock bag.

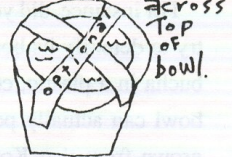


no sun tea  
jars or  
cylinders.  
use bowl!



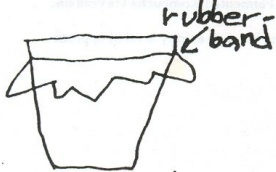
place mushroom  
on top of tea,  
rougher, darker  
side down.

cross tape -  
across  
top  
of bowl.



cover with thin,  
freshly-laundered  
white cotton cloth,  
and rubberband.  
(no cheese cloth).

shhh!

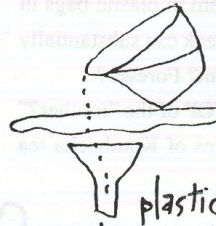


place in a dim,  
ventilated  
space, 7-10 days,  
70-90 degrees.

then  
remove mushrooms...  
gently separate,  
use both again!



start all over  
right away.  
Don't store in  
baggies™ in  
refrigerator!



plastic funnel

drink 4 ounces  
three times  
a day, before,  
after or  
in between meals  
or to your own taste

To order 4 Qt clear glass Pyrex™ bowls, call Corning - Revere Corp. @ 800-999-3436. 8 - 8 Eastern Standard Time M - F