



festivals and events



workshops



brew bike



ready made kombucha



Specialty Products



fermentation cloths



jun complete kits



kombucha complete kits



⚡ KIT OUT YOUR KIT ⚡



raw organic sugar

glass bottles



scobys



Organic oolong and green tea

flavour kits



A GOOD BREW IS A LIVING BREW



WE SOLAR BREW SPARKLING PROBIOTICS AND HELP YOU DO THE SAME



# JUN instructions

Jun tea is a sparkling probiotic made from fermented green tea and honey. Jun is a mild and delicate close cousin of kombucha.

for your first litre you will need:

200ml JUN starter culture

50 grams honey

Raw organic & alive is the best!

4 grams tea (or 2 tea bags)

We use a blend of organic green and oolong teas

fermentation cloth

A breathable cloth, like cotton or a tea towel

1 Litre of BOILING water

Boiled tapwater is ok, filtered is better & spring is best.

fermentation container

Glass, ceramic or food grade plastic (no metal!)

PLUS A STRAINER

# THE BREW BIBLE

step 1

steep the tea in the boiling water

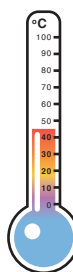


step 2

strain the tea through a sieve

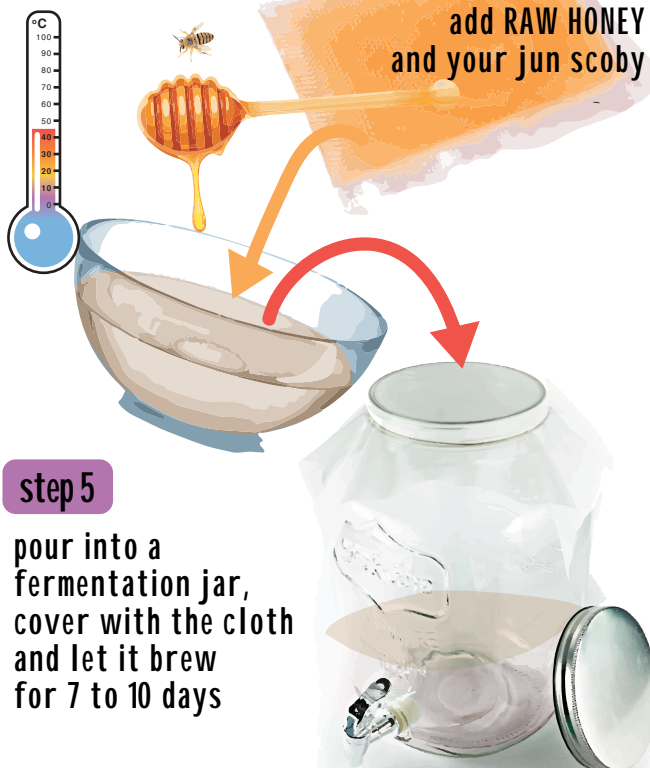
step 3

cool down to room temperature  
Between 10 - 40°C



step 4

add RAW HONEY and your jun scoby



step 5

pour into a fermentation jar, cover with the cloth and let it brew for 7 to 10 days

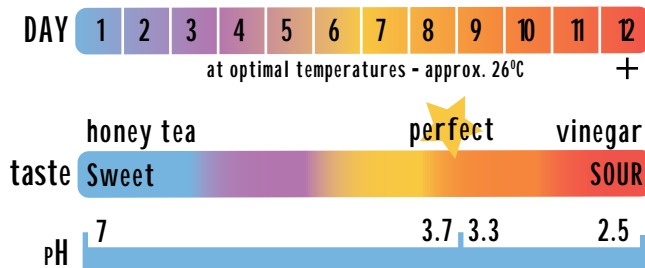
you'll then have 1 litre of JUN starter culture

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step 6 repeat...

Add 7 Litres water, 28 grams tea and 350 grams raw honey to your 1 litre of jun starter culture. We call this batch F1 (the primary ferment). Let it ferment for 7-10 days. You can now repeat the brewing process in F1 to make a never ending jun culture...

To make interesting flavours, pour seven litres into another container - F2 (the secondary ferment). Add infusions, mix well, then bottle.



## HOT TIPS

**Warmer temperatures** will result in a faster fermenting time, cold weather will slow down the process. Optimal temperature 23°C-29°C

**Stronger is better:** keep the liquid to water ratio of the jun culture at 1:6 to keep the acidic level high. This will help kill any nasty bacteria.

**Flavourings ideas:** add fruit juice, dried fruit, herbs and spices, fresh fruit or steep flavoured teas. We recommend flavouring in a separate container (F2).

**Keep it cool:** make sure anything you add to your culture is less than 35°C

**Carbonating jun:** bottle it, let it rest in ambient temperatures for a day or two, then test if it's sparkling. Make sure to put it in the fridge as overly sparkling jun may explode.

for more brewing tips visit

