

# HERBIVORE SOCIETY

KOMBUCHA MAKING

WORKSHOP



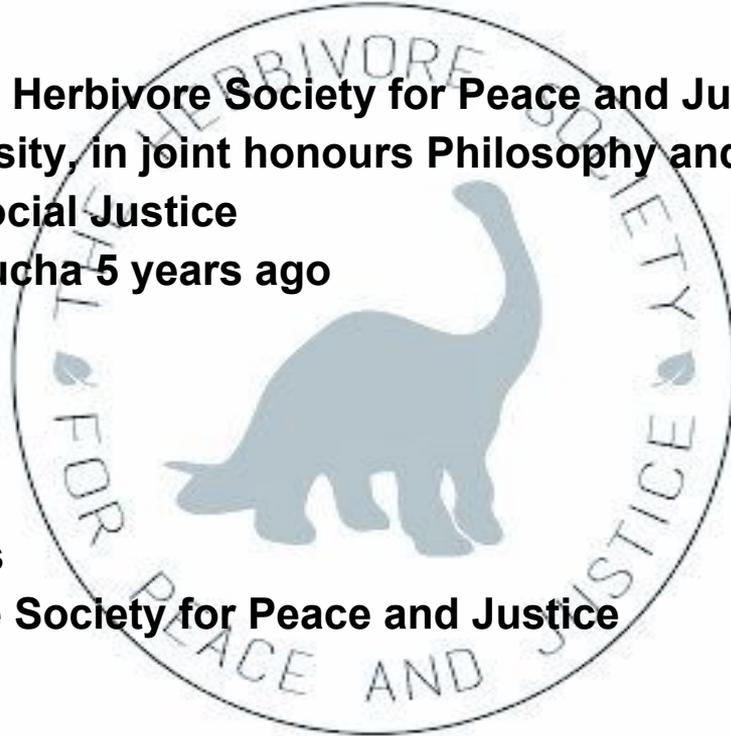
# WHO WE ARE

## HOSANNA

- collective member of the **Herbivore Society for Peace and Justice**
- 4th year at McGill university, in joint honours **Philosophy and Gender, Sexuality, Feminist Studies, and Social Justice**
- First interested in kombucha 5 years ago

## SABRINA

- 1st year at McGill
- Studying **Urban Systems**
- Member of the **Herbivore Society for Peace and Justice**





# INTRODUCTION TO THE HERBIVORE SOCIETY

The Herbivore Society for Peace and Justice is a non-hierarchical, political activist group that focuses on the ecological and individual benefits of abstaining from, or reducing, one's consumption of animal products.

As the only vegan club on McGill's campus we commit to perpetuating as little harm as possible, working within a framework that is anti-oppressive, anti-colonial, inclusive, and intersectional.

The Herbivore Society:

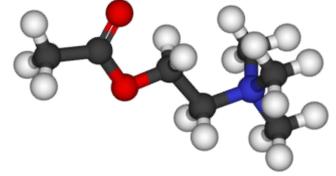
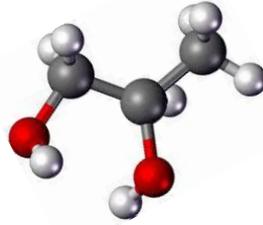
- acknowledges how differences in socio-economic background and health needs can influence one's ability to participate in a vegan lifestyle.
  - acknowledges that different cultures have varying relationships to animals which inform one's engagement with veganism.
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# WHAT KOMBUCHA IS

- First recorded use: China in 221 BCE (Tsin Dynasty)
- fermented tea drink
- As the kombucha culture digests the sugar it produces a range of organic acids like glucuronic acid, gluconic acid, lactic acid, acetic acid, butyric acid, malic acid, usnic acid; vitamins (B, C, amino acids) etc
- champagne and apple cider vinegar (unflavoured)
- green or black tea, sugar
- alcohol content (1%)



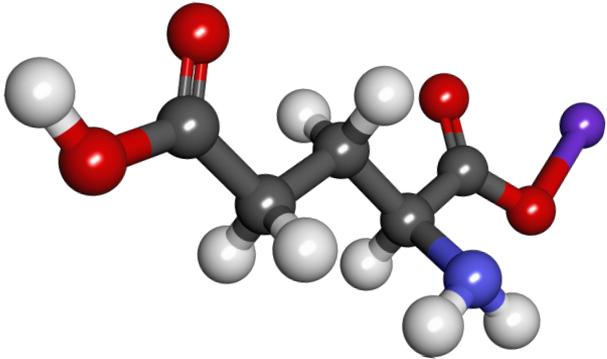
# WHAT IS FERMENTATION?



fermentation: the chemical breakdown of a substance by bacteria, yeasts, or other microorganisms into a simpler substance, also used in the process of making beer, yoghurt, bread, wine, etc.

SCOBY: A symbiotic colony of bacteria and yeast, used to refer to mixed cultures of bacteria and yeast present during production of kombucha

SCOBY feeds on Tannins and sugar



# BENEFITS OF FERMENTATION

- makes foods diversely delicious
- makes them easier to digest
- introduces beneficial microbes into our diet
- increases nutrient absorption (active organisms balance gut bacteria, deliver important enzymes, and balance stomach pH increasing your ability to breakdown foods and get all the nutrients)



- improves brain function (presence of helpful bacteria in your gut can increase the body's production of certain neurochemicals, like gamma-aminobutyric acid which relieves anxiety, improves mood, and reduces symptoms of PMS)
- promote healthy skin
- can fortify your immune system (increase in good bacteria leaves less room for bad bacteria to flourish)

# BENEFITS OF KOMBUCHA

- hangover cure
- helps with digestion of foods (good if you ate too much!)
- increases your energy levels
- improves your mood
- helps nutrient assimilation



# INGREDIENTS

- Black or green tea (preferably organic)
- White sugar (NOT brown!) (preferably organic)
- Water (ideally filtered)
- S.C.O.B.Y.
- Kombucha starter



# HOW TO MAKE KOMBUCHA: METHOD #1

## 1. New Batch Brew

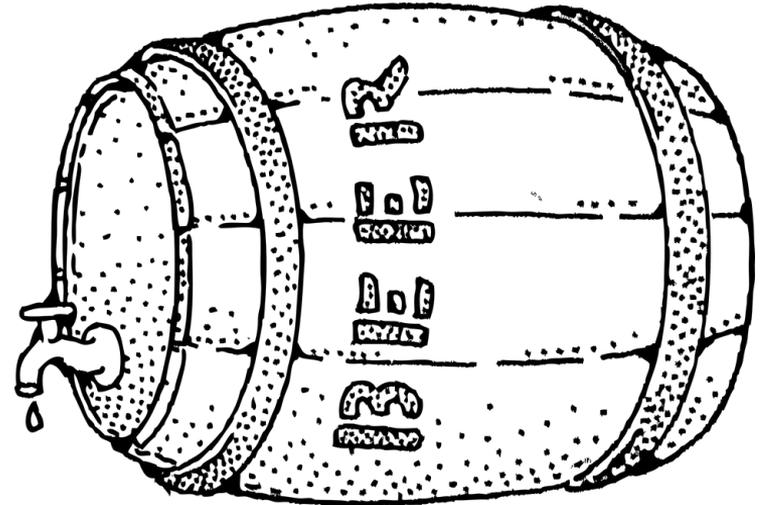
- What is it?
  - brewed in batches and re-started with each batch by using the SCOBY “baby” and some of the liquid from the previous batch.
- Pros
  - easier to flavour
  - bubblier
  - stores better
- Cons
  - takes up room on the counter
  - a more intensive process



# HOW TO MAKE KOMBUCHA: METHOD #2

## 1. Continuous Brew

- What is it?
  - removing only some of the liquid each time and replacing with the same amount of fresh brewed sweetened tea
- Pros
  - sweeter brew
  - helps it brew faster
  - takes up less room on the counter
- Cons
  - less bubbly
  - sweeter brew
  - harder to flavour



# STEPS

1. Make sweet tea, paying attention to ratios
  - a. Distilled or filtered water (chlorine)
2. Let tea cool completely
3. Place tea into a glass or porcelain container (no metal!) and gently put your SCOBY and starter inside.
4. Cover container with a cloth (not a lid!) and an elastic band
5. Let sit in a cool, dark place for 7-12 days (temperature considerations)
6. Drink straight away or bottle for flavouring and/or preservation



# TIPS

- when your SCOBY has been placed into the tea, try not to disturb the liquid, as it can shock the SCOBY.
- don't let your SCOBY or kombucha touch metal (affects the living cultures)
- if your SCOBY sinks to the bottom of your container DO NOT PANIC. This is normal! It might sink, it might not.
- cover with a cloth: this allows the kombucha to breathe-- otherwise the bottle will explode-- and it prevents bugs from entering.
- the longer you leave your kombucha to ferment, the more bubbly, vinegary, and less sweet it'll be. If you leave it for a shorter time it will be sweeter and flatter.
- if you are worried about cleaning, generally, don't be (kombucha needs bacteria!), just make sure that you have your container properly covered. If you still want to clean your container, place the SCOBY on a non-metal surface, drain and save any excess liquid, and clean with unscented soap, rinsing thoroughly so no residue remains.
- your SCOBY will grow and fit into whatever container you have, and will continue to produce baby SCOBIES for you to give to your friends!
- if you don't want to share your extra SCOBY, you can eat it! <http://holisticsquid.com/kombucha-scobys-jerky/>
- why organic? Why not? (less damaging to env., good for small/local farms, no pesticides, but more expensive)
- loose tea? Tea bags? (loose tea=higher quality typically (more robust), tea bags may affect how SCOBY grows but is cheaper)
- green tea? Black tea? Any other kinds of tea? Alternations? NOT FLAVOURED (oils in flavouring agents will kill SCOBY)

# BOTTLING

- makes a bubblier kombucha
  - must be done cautiously
1. Recycled kombucha bottles (no metal)
  2. Clean your recycled bottles thoroughly (sterilize, NO SOAP RESIDUE)
  3. Add flavours. LEAVE TWO INCHES OF AIR IN BOTTLE BEFORE SEALING.
  4. Let sit for a approx. 3 days to allow for proper infusion.
  5. Drink!



# RECIPES

- ginger and lemon (tastes like Sprite!)
- prunes and vanilla (tastes like Coca-Cola)
- mint
- mint and ginger
- blueberries (other fruit: mango, strawberries)
- apple and cinnamon bark
- fruit juice
- tea leaves (mint tea, chamomile, rosehip, hibiscus, rose petals, etc)
- maple syrup
- Lemongrass
- Citrus
- Dried fruit (fizz)



# AMOUNTS

Container Size	Tea Amount	Sugar Amount	Water Amount	Starter Tea Amount
One quart	1-1/2 teaspoon loose tea or 2 tea bags	1/4 cup	2-1/2 cups (approx.)	1/2 cup
Half-gallon	1 tablespoon loose tea or 4 tea bags	1/2 cup	6-1/2 cups (approx.)	1 cup
Gallon	2 tablespoons loose tea or 8 tea bags	1 cup	13 cups (approx.)	2 cups

# A HEALTHY SCOBY



# AN UNHEALTHY SCOBY



# **OTHER EVENTS UPCOMING**

**Thursday 16th: GM #5 at SSMU**

**Friday 17th: Activist Poster Making 6pm at McLennan HSSL**

**Veganuary**

**Nutritional Consultant Workshop**

**Vegan Starter Guides**

**Vegan Fashion Show**

**Vegan Alternatives Tasting Event**

**Thanks for coming!**