



## FERMENTED DRINKS: JUN

**Jun:** Like kombucha, jun is what's known as 'CULTURED FERMENTATION' where you begin with an existing culture, a SCOBY (vs. Wild which relies on wild yeasts in the air).

**SCOBY= Symbiotic colony of bacteria and yeast that looks like a jelly fish.**

My 1<sup>st</sup> scoby has multiplied many times over through the years of fermenting, as yours will too with care.

The Jun SCOBY you need to ferment a 1-litre brew is the size of a large person's hand. The bigger the SCOBY, the faster the fermentation which means the brew gets vinegary much faster. If the fermentation is happening faster than you like, you can always divide the scoby and make two brews (just make sure you avoid using any metal!!)

**Jun scobies are more delicate than kombucha scobies and can only be fed with HONEY and GREEN TEA.** You will have some starter liquid along with your SCOBY purchase. You will need 3 tablespoons of this to each litre of brew. Each time you make a jun brew, you will use 3 T from your last brew as a starter liquid.

**WARNING: DO NOT USE METAL OR FEED JUN WITH ANYTHING BUT RAW HONEY, SPRING WATER AND GREEN TEA!**

**Tea:** use only green tea. It's best to use organic green tea (loose, or without bleached bags).

**Honey:** The quality of the honey you use will affect the taste and quality of your jun. For best results, use raw honey.

**Covering:** Jun is an aerobic fermentation process meaning it needs oxygen in the first fermentation stage. Once the brew is cool and the tea bags removed, place it in a glass jar and cover with cheesecloth and an elastic band to keep out insects.

**Glass container** for fermenting: ideally, you will find a 1-2 litre glass bottle that is the same size as your SCOBY so it has room to float and grow. You can always trim your scoby with NON-metal knife to make it fit inside your container.

**Bottling:** Once the primary fermentation is done, pour the brew into a bottle and close it. Fermentation will continue to happen, so you can either build fast carbonation at room temp, being sure to burp the gas out daily (or the bottle make explode; or the cap will blow off under all the pressure!) or slow it down in the fridge. Always save 3 T of the brew to make the next batch.

### **Basic Jun recipe:**

1 litres springwater  
5 green tea bags  
3 T raw honey  
1 jun SCOBY  
3 T Jun starter liquid

Primary fermentation:

Bring 500 ml of water to a boil. Pour over the tea bags and add the honey (USE A PLASTIC OR PYREX CONTAINER FOR THIS. DO NOT USE ANY METAL!!); stir with a wooden spoon. Leave to steep for 2 minutes. Then remove tea bags and leave the mix until cool (don't leave the tea bags in too long of the drink becomes too bitter). Pour into glass container, add SCOBY and jun liquid, and cover with muslin and secure with elastic band. Leave for 7-10 days on the bench out of direct sunlight.

Bottling: Remove the SCOBY to reuse and retain 3 T of the liquid. Bottle the Jun and place in fridge.

### **Keeping a healthy SCOBY:**

The organism will last for centuries if well looked after because it continually renews itself. It must have the correct conditions to thrive.

Avoid:

- contaminating with nicotine (cigarette smoke kills it)
- allowing it to be in contact with metal
- direct sunlight
- extremes of temperature
- dust
- insects (fruit flies can sometimes get in through muslin so check that they aren't laying eggs on your scoby!)

### **Care of your SCOBY**

You'll notice that your SCOBY renews itself very quickly, moreso in hot weather. Once the thickness is approx.. 5-6 cm, you can remove the bottom layers (just peel them off), give them away or start a parallel batch in a different flavour.

When dividing your scoby, make sure your hands and all equipment is clean. DO NOT USE METAL!

**Storing:** You can store your SCOBY in a honey-tea solution in the fridge for up to three months if you want to take a break from fermentation.

Resting the SCOBY: 250 ml filtered water, boiled, 4 green tea bags (organic, unbleached, 3 T raw honey).

Instructions: Pour the boiling water onto the honey and tea. Stir with wooden spoon until dissolved, 2 minutes, then cool. Add your SCOBY and cover with a loose-fitting lid and place in the fridge for up to 3 months. TO revive your SCOBY, it may take 2-3 brews following the regular jun instructions.

**Cleanliness:** as Katz and other experts agree, you don't need a hospital-grade sanitised environment to make ferments (if anything, too much sanitation and chemical residue can kill the good bacteria.) Wash your equipment in hot water with dishwashing liquid, then rinse with hot water and allow to air dry or you may prefer to dry your jars in a low oven. Ensure your hands and utensils are very clean (I pour boiling water over mine and then let them airdry before use).

References:

Sandor Katz, *The Art of Fermentation* and *Wild Fermentation*

Felicity Evans, *Kombucha & co*

Michael Murray and Joseph Pizzorno, *The Encyclopedia of Healing Foods*