




Tips to help you get the most from your new pet microbes.

Adoption Advice

Item	At the store...	Other options...	Skip these... 
Kombucha	Look in the refrigerated section for labels that say "live", "raw", "active" or "unpasteurized".	Get a few cups from a friend who brews kombucha or order a starter online.	Avoid labels that say "pasteurized" or "prebiotic". Avoid drink mixes or "kombucha" tea bags.





First Feeding

Mixing options	Why?
Combine many tea and sugar types in one single food batch.	Can increase your chances of success because your microbes are more likely to find something that they like to eat.
Start several small growth containers, each with a different sugar or tea.	Can help you learn what your microbes like best! Even if some containers don't grow well, others might thrive.





Favorite Foods

Item	Microbes enjoy... 	Microbes dislike... 	Why?
Tea Types	Black, green, white, or oolong	Herbal teas and flavored teas with oils (e.g. Earl Grey)	Herbal teas don't contain the right nutrients, and oils disrupt biomaterial growth.
Sugar Sources	White sugar, brown sugar, molasses, agave, or maple syrup	Honey and sugar substitutes (e.g. stevia)	Honey can grow unwanted bacteria, and sugar substitutes can't be broken down by microbes.



Happy Housing

Item	Microbes enjoy... 	Microbes dislike... 	Why?
Container Materials	Plastic, glass, or ceramic	Metal or paper	Metal will corrode and paper gets soggy.
Growing Location	Room temperatures that don't change much	Direct sunlight, too much heat or cold	Can kill the microbes.



Check out
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