

TRUE TEAS:

All true tea is produced from a plant called *Camellia sinensis*. The different types of tea vary only by: the region it was grown, the time of year picked, and the processing method.

WHITE TEAS

White tea is the purest and least processed of all teas. This loose leaf tea brews a light color and flavor.

GREEN TEAS

Green tea is the most popular type of tea, mainly because it is the beverage of choice in Asia. Some loose green teas are scented with flowers or mixed with fruits to create scented or flavored teas.

MATCHA GREEN

Specially harvested green tea leaves with a very high chlorophyll content, ground into a powder to be whisked into water. Very high in antioxidants, great addition to smoothies.

OOLONG TEAS

Oolong tea, also known as WU LONG, is full-bodied with a flavorful fragrance and sweet aroma. Most people commonly recognize oolong tea as the Chinese tea served in Chinese restaurants.

BLACK TEAS

Black tea is the most familiar and widely consumed tea in the U.S. It is more oxidized than the other teas, therefore making it a stronger flavor.

PUERH TEAS

Puerh is an aged black tea from China prized for its medicinal properties and earthy flavor. It is very strong with a deep and rich flavor, and no bitterness, and an element that could best be described as almost peaty in flavor.

HERBAL TEAS:

Herbal tea does not contain any leaves from the *Camellia* plant family, so it is sometimes referred to as a Tisane. Herbal teas can be broken into three categories: rooibos teas, mate teas, and herbal infusions.

HERBAL INFUSIONS

Herbal infusions consist of pure herbs, flowers and fruits. They can be delicious hot or iced.

ROOIBOS

Pronounced "Roy-bus," Rooibos tea, or red tea, is made from a South African Red Bush.

MATE

Mate tea, pronounced "Maa-tay," is a favorite for coffee lovers. It's made from the leaves and twigs of the Yerba Mate plant. It can contain the same amount of caffeine as coffee. Mate may be added to other teas to increase the energy available from that tea.

TULSI / HOLY BASIL

The number one drink in India. Contains adaptogens to increase resistance to stress, anxiety, and fatigue. It is known to help the bodily systems adapt, balance cortisol and increase resilience.

We proudly carry exceptional teas from the following companies:



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TEA TALK!

Type of Beverage	Water Temperature	Visual Cues	Steeping Time Full Leaf	Steeping Time Bag	Caffeine
Coffee	195-200 degrees	Steaming rapidly, little bubbles	French Press: 4 minutes		150-200 mg
White Tea	155-165 degrees	Very light steam	2-3 minutes	30-60 seconds	30-35 mg
Green Tea	160-180 degrees	Gentle steam, no bubbles	2-4 minutes	1-3 minutes	35-70 mg
Matcha	175 degrees	Gentle steam, no bubbles	1/2 cup water, 1/4 tsp.	Whisk until frothy	25 mg
Oolong (Wu-long)	190-200 degrees	Steaming rapidly, tiny bubbles	3-5 minutes	3-5 minutes	50-75 mg
Black Tea	212 degrees	Full, rolling boil	3-5 minutes	3-5 minutes	60-90 mg
Puerh	212 degrees	Full, rolling boil	2-3 minutes	1-2 minutes	60-70 mg
Herbal: Tulsi	212 degrees	Full, rolling boil	5-7 minutes	5-7 minutes	0 mg
Herbal: Rooibus (Roy-bus)	212 degrees	Full, rolling boil	5-7 minutes	5-7 minutes	0 mg
Herbal: Yerba Mate (Maa-tay)	212 degrees	Full, rolling boil	5-7 minutes	5-7 minutes	85-100 mg

The AMOUNT of tea per cup matters! One teaspoon of tea was originally brewed for one 6-ounce teacup. Today's mugs average 18-24 ounces! With such an increase in size, it's best to figure one tablespoon of tea per large mug! When making a pot of tea, do one heaping teaspoon per cup plus "one for the pot." You can easily adjust your amount of tea to suit your tastes with loose leaf tea. If you like more flavor and use teabags or sachets, use two or even three per mug!

How to brew great iced tea:

Instant Iced Tea: Follow the instructions for brewing regular hot tea on the back of the tea package, except increase the amount of tea by 50%. When the tea has brewed the suggested amount of time remove the leaves and pour tea directly into a container (plastic or glass) filled with ice. As the ice melts, add more ice to suit your taste.

Iced Tea Concentrate:

Measure 1 cup of dry tea (adjust amount to your taste). Brew with 8 cups of water. Follow regular hot tea instructions for correct brewing temperature and time. Strain into another container and refrigerate. Dilute 1 part concentrate to 2 parts water. Serve over ice.

Resources:

www.metrotea.com, www.teasource.com, [A Simple Guide to Tea](#) by Chris Scott
[The Tea Enthusiast's Handbook](#) by Mary Lou Heiss and Robert J. Heiss



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