



Tea The Basics



Brewing a cup of tea is an art, not a science. Individual preferences vary, but there are some important guidelines that should be considered.

Water

98% of tea is water, so having good water is essential. Natural spring water or filtered water is preferable. Chlorine & fluoride can spoil the taste of a good cup of tea.

Temperature

Green Tea	185°F	Steep 2-3 minutes
Black Tea	205°F	Steep 3-5 minutes
Rooibos Tea	205°F	Steep 5 - 10 minutes
Herbal Tea	205°F	Steep 3 - 5 minutes

Pot or Cup

Always rinse and heat both the cup and pot before preparing tea.

Bags or Loose Tea

Loose-leaf teas are usually made up of whole leaves or broken leaves, while tea bags are usually filled with fannings or dust. During processing, raw tea leaves are graded from best (the bud and the first two leaves of the shoot) to worst (fannings). Often the term Orange Pekoe pops up when we buy tea. Many people think that it is a special kind of tea and do not realize it is only a grading measurement of the tea leaves' size and condition.

Use one bag per large cup.

Use one teaspoon of loose tea per 8 oz. cup. Tea can be placed directly in the pot or cup, or you can use a large tea ball or strainer to allow the leaves to expand.

Cleaning

Soak teapots with warm water and use a little elbow grease to remove any stains.

Storing

Tea should be stored in an airtight container in a dry place and kept away from direct light. Heat and moisture will compromise the quality of the tea.

Note: Tea is 'hygroscopic' and can absorb both moisture and smell. It is important to be cautious when storing tea next to other items (including other tea).



Types of Tea

The classic definition of tea is the brew made from the infusion of water and the leaves of an evergreen plant of the Camellia family. Our teas are available in tea bags and some are available as loose-leaf teas.

Black Teas

Black teas are fermented, which results in the dark colour and powerful, intense flavour and aroma.

Black Ceylon - from Sri Lanka

Earl Grey - flavoured with bergamot oil

Lemon & Honey

Chai

Maritime Breakfast - from India

Earl Grey - Assam

Darjeeling

Masala Chai



Green Teas

Green teas are not fermented at all - they are steamed briefly, rolled and then are slowly dried. Their colour remains green, and their flavour and odour are light and delicate. Boiling water should not be used when brewing green teas.

Green Tea

Darjeeling Green Tea



Herbal Teas (tisanes)

Herbal 'teas,' are not truly tea, but are made up of botanical herbs, flowers and/or spices. Herbal teas are also known as 'tisanes'.

Mint

Chamomile

Orange

Dill

Lemongrass



Rooibos (ROY-BOSS) Teas (100% Caffeine free)

Unique to South Africa, Rooibos looks like regular tea but will not get bitter if you over-steep it. It has no caffeine and more antioxidant value than green tea.

Rooibos 100% Pure

Rooibos Buchu

Rooibos Honeybush

Rooibos Chai

Rooibos Lemongrass

