

Clearspring

Authentic & Organic
Fine Foods



Japanese Tea experience

Clearspring's range of the finest organic Japanese teas has a flavour to suit every taste, from bittersweet Matcha Sencha to mild and earthy Kukicha. Fresh tasting and mildly aromatic, these unfermented teas (except for Oolong) are perfect for drinking either with or between meals. With their delicate and clean flavour, Clearspring Japanese teas are best enjoyed unsweetened and without milk.

How Japanese Sencha green tea is made

The traditional Japanese practice, not usually found elsewhere, of steaming green tea leaves immediately after picking preserves their unique properties. This steaming, sometimes referred to as the Sencha process, takes place within 24 hours of harvesting and inhibits the enzyme activity that causes oxidation, enabling the tea to retain its bright emerald green leaf colour and preserving its health benefits.

Current research indicates that drinking green tea may help to prevent heart disease and strokes, regulate blood sugar, lower blood pressure, facilitate weight loss and fight viral colds and flu. Sencha contains vitamin C and six times the antioxidant levels of black tea.



Organic Traditional Japanese Tea



Organic Japanese Green Tea: Sencha

Light and refreshing; stimulating

Awarded 'Highly Commended' in the Soil Association's Organic Food Awards. Fantastic recognition of its high quality and great taste.



Organic Japanese Green Tea with Roasted Rice: Genmaicha

Nutty and uplifting; mild and aromatic

Contains all the benefits of traditionally produced green tea. Sencha leaves are combined with roasted brown rice to produce a soothing and mellow tea with a wonderful roasted aroma.



Organic Japanese Roasted Green Tea: Hojicha

Smoky and calming; refreshingly mild

This reddish-brown tea is made using mature leaves which are subsequently roasted at high temperatures. Due to its mildness and low caffeine content, Hojicha is a popular tea to serve during a meal or as a hot evening drink.



Organic Japanese Roasted twig Tea: Kukicha

Mild and soothing

Stems, stalks and twigs of mature tea bushes are steamed and dried, matured and skilfully roasted then combined with a small percentage of Sencha tea leaves. The low caffeine content makes this tea suitable to be enjoyed at any time of the day.

Organic Japanese Speciality Tea



Organic Japanese Oolong Tea

Smoky and relaxing

Also known as Blue tea (halfway between a green and black tea) involving partially fermenting the tea leaves then steaming them to capture the slightly smoky, flowery aroma and subtly rich flavour. May aid slimming by increasing metabolism, burning fat and blocking dietary fat absorption.



Japanese Mu Tea

Invigorating; caffeine free

A delicious, aromatic blend of 16 oriental herbs carefully selected and prepared as an invigorating yet soothing drink. Developed by macrobiotic founder George Ohsawa, based on a traditional Oriental medicinal herbal drink for women's ailments. Thought to aid digestive and respiratory conditions as well as combating menstrual cramps.

Organic Japanese Matcha - Green Tea Powder

Matcha is a finely milled green tea powder made from the highest quality Japanese tea leaves. Clearspring organic ceremonial Matcha comes from Uji, a region high in the hills around Kyoto, renowned for producing the best Japanese teas. The finest young tea buds are picked, dried and ground in a granite mortar into a very fine, bright green powder.

Packed full of essential minerals and vitamins Matcha was traditionally used as part of the tea ceremony and to keep Buddhist monks focussed and alert during meditation.



Organic Ceremonial Grade Matcha

Using only the finest, smallest shade grown leaves from the very tip of the tea bush - giving it a very vibrant green colour and a slightly sweet, smooth flavour.



Organic Premium Grade Matcha

Ideal for both drinking and home baking, can add unique flavour and incredible colour to food and drink recipes.

Organic Japanese Sencha Blends

Combining the exceptionally, light, smooth and refreshing flavour of Japanese Sencha with rich and exquisite Matcha, refreshing spearmint and peppermint and warming ginger root. Contains all the health benefits of traditional green tea.



Organic Matcha Green Tea: Japanese Sencha Blend

Elegantly uplifting



Organic Mint Green Tea: Japanese Sencha Blend

Positively refreshing



Organic Ginger Green Tea: Japanese Sencha Blend

Delicately stimulating

History of Matcha

Japanese Matcha has been known for centuries for its energy boosting, mind focusing, and metabolism enhancing properties. It has been drunk as part of the tea ceremony for 900 years and used by Buddhist monks to keep them alert and focussed during long days of meditation.



How to enjoy Matcha

Traditionally Matcha is drunk whisked in hot water as a smooth green tea.

Take ¼ teaspoon (1g) of Matcha powder and add hot water from a kettle which has not quite boiled to maximise the health benefits. Thoroughly whisk using a traditional wooden whisk or a hand held electric milk frother.

Alternatively make a delicious Matcha latte by replacing the hot water with hot plain or vanilla soya milk. Or use it in home baking to add flavour and colour.

Matcha Latte



Matcha Roll Cake



Matcha Sorbet



For more information visit:
www.clearspring.co.uk



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