



Tea Information

All tea comes from two varieties of the tea plant called *Camellia sinensis sinensis* (a smaller leafed plant) or *Camellia sinensis assamica* (a larger leafed plant). The two *Camellia sinensis* plants are native to South and Southeast Asia, but are grown all over the world in tropical and subtropical environments. Black tea, Oolong, Green and White tea all come from the two varieties of tea, but are processed differently and exposed to different levels of oxidation.

Black Tea

Black tea is a variety of tea that is more oxidized oolong, green, and white teas. Black tea is the flavour and contains the most [caffeine](#) because it longer. Both varieties of the *Camellia* species are Black tea: *Camellia sinensis sinensis* (also used white teas) and the Assamese plant, *Camellia assamica*, which has only been used for black tea in recent years has been used for Green.

In [Chinese](#) languages, Black tea is known literally "tea", a closer description to the colour of the tea name Black tea could otherwise refer to the leaves after processing.



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Processing of Black tea

First the tea plants are picked either by hand or machine; then the tea is rolled and oxidized under controlled temperature and humidity. The tea is dried and sorted by grade (whole leaf, broken leaf, fannings and dust).

Chinese Black teas

Chinese teas are named according to the region of their growth. Here are a few Chinese Black teas that Distinctly Tea Inc. carries:

- **Keemun**- smooth and brisk with a mild and green refreshing note.
- **Yunnan**- a malty, earthy Black Tea with golden tips.

- **Lapsang Souchong-** a Black tea that is dried over an open pine fire. This tea has a distinct, smoky flavour.

Indian and Sri Lankan Black tea

Like Chinese Black teas, Indian and Sri Lankan teas are also named according to region. The following are a few which Distinctly Tea Inc. stocks:

- **Assam-** a black tea grown in the Northeast part of India. Assam is a strong full-bodied tea with a rich robust flavour, and is considered by many tea lovers to be a morning wake-up tea. Assam is often used in blends because of its strong taste.



- **Darjeeling-** comes from the north west of India (grown in the Himalayas) and is considered to be the “champagne” of teas. Darjeeling is distinctive because it is one of the lightest in colour and flavour of the black teas. Darjeeling tea is widely and universally accepted to be the finest tea because its flavour is so unique that it cannot be replicated anywhere else in the world. Only 10 million kilos of Darjeeling tea is produced a year. The flavours of Darjeeling differ from season to season. According to the plucking period, the seasons can be categorized as below:

- **Easter Flush (March-April):** It arrives just after the dormant winter months. The leaves are very tender and very light green in appearance. The liquor is also light, clear and bright and imparts a pleasant brisk flavour.
- **Spring Flush (May-June):** This flush is famed for its prominent quality. The leaf has a purplish bloom. The liquor is more rounded and mellow, with a darker colour and a slightly fruity flavour. It is during this period that the famous “Muscatel” flavour becomes pronounced.

Summer Flush (July- September): During this nature of the liquor changes, becoming stronger, the brightness and character that Darjeeling is



period the yet retaining known for.

- **Autumn Flush (October-November):** The tea during this period has a light coppery tinge and the liquor has a delicate character.
- **Winter Months (Dec-February):** Dormant period with no production.

- **Nilgiri-** is from South India. Tea from the Nilgiri Hills is aromatic, strong and fragrant.

- **Ceylon-** the name formerly for Sri Lanka, Ceylon is probably one of the most consumed teas. Ceylon teas are strong, but light with citrus tones.

Other Black Teas

- **Sumatra-** comes from Indonesia, has a nutty aroma and is very different from both Chinese and Indian teas. It is one of the strongest Asian teas.
- **Kenya-** is from Africa and is similar to Assam.
- **Java-** comes from Indonesia, as well and is like Sumatra.
- **Nepal-** from uplands of Nepal. Nepalese black tea is somewhat similar to lower grades of Darjeeling.

Blended Black tea

- **Earl Grey-** a black tea blend flavoured with oil of bergamot, the oil from the peel of a small Mediterranean orangey fruit.
- **English Breakfast-** is a classic blend of broken leaf Assam and Ceylon teas.
- **Irish Breakfast-** makes a strong cup from blended Assam and Nilgiri.
- **Highland Scot's Breakfast-** a blend of full leaf Assam, Kenya, Ceylon, Sumatra and China teas.
- **Canadian Breakfast-** Ceylon, Assam, Nilgiri, Sumatra and China teas.

Brewing

For most Black teas about a teaspoon per 8 oz. cup should be used. Unlike Green teas, which turn bitter when brewed at higher temperatures, black tea should be steeped in freshly boiled water. If you prefer a stronger cup of Black tea, use more tea in your infusion and steep for the suggested amount of time. The more delicate black teas, like Darjeeling, should be steeped for around 3 to 4 minutes. Broken leaf teas, which have more surface area, need less brewing time than whole leaves. Whole leaf Black teas, and Black teas typically served with milk or lemon should be steeped 4 to 5 minutes.

Nutritional information

Black teas without sweeteners or additives contain minimal quantities of calories, protein, sodium, and fat. **Some flavoured tea with herbs and extra flavouring added may have less than 1 gram of carbohydrates.** All teas from the Camellia sinensis tea plant are rich in polyphenols, a type of antioxidant.

Pu-erh

History and Production

Pu-erh tea is traditionally made with leaves from old wild tea trees of *Camellia sinensis assamica* plants, which grow in [southwest China](#) as well as the bordering tropical regions in [Burma](#), [Vietnam](#), [Laos](#), and [India](#). *Camellia sinensis assamica* leaves are noticeably different from their sister plant in [chemical composition](#) therefore changing the taste and odour of the steeped tea and **making** it more appealing for the aging process of Pu-erh. Because of the rarity of old wild tea trees, Pu-erh is “diluted” with tea from the Yunnan. Because of this dilution process, it is now for tea connoisseurs to seek Pu-erh with leaves a single tea mountain's wild forests. The history of be traced back to the Eastern [Han Dynasty](#) (206 BC–220 AD).



Pu-erh is distinctive from other teas because it in a compacted form and it ages very well. Storing makes the tea take on a darker colour and gives it flavour characteristics. Pu-erh leaves are packed or bricks which are wrapped in different types of and then stored away from excessive moisture, sunlight **which helps** mature the tea. **The pressing and aging of Pu-erh is assumed to have originated through the natural process that occurred when stored by tea drinkers and merchants in ancient times. Compacting the tea into bricks and cakes also made it easier to transport by horseback caravans from ancient Yunnan when trading tea to [Tibet](#) and more northern parts of China.** usually comes Pu-erh often smoother into tea cakes paper materials heat, and

Process and Oxidation

Pu-erh's are the only fermented teas, whereas other Black teas are only oxidized. Although Pu-erh teas are usually classified as post-oxidation or, just simply as Black teas, Pu-erh teas can be placed in three types of processing methods, namely: green tea, oxidized tea, and secondary-oxidation.

Pu-erhs can be green teas if they are lightly processed before being pressed into cakes. This type of Pu-erh is referred to as maocha if unpressed and as "green/raw Pu-erh" if pressed. While not always pleasant tasting, green Pu-erhs are fairly inexpensive and are known to age well for up to 30 years. Pu-erh can also be an oxidized tea if it goes through slow process oxidation for up to a year. This Pu-erh is referred to as ripened or cooked Pu-erh, and has a more mellow and pleasant flavour. Aged Pu-erhs are secondary-oxidation and post-oxidation teas. If aged from green Pu-erh, the aged tea will be mellow in taste but still clean in flavour.

These are the four main types of Pu-erh commonly available:

- **Maocha-** Green Pu-erh leaves that are sold in loose form. The raw material for making pressed Pu-erh.
- **Green/raw Pu-erh-** Pressed maocha that has not undergone additional processing. Quality green Pu-erh is highly sought by collectors.

- **Ripened/cooked Pu-erh-** Pressed maocha that has undergone fermentation in the ripening process for up to a year. Badly fermented maocha will create a muddy tea with fishy and sour flavours indicative of inferior aged Pu-erhs.
- **Aged raw Pu-erh-** A tea that has undergone a slow secondary oxidation and a certain degree of microbial fermentation. Although all types of Pu-erh can be aged, it is typically the pressed raw Pu-erh that are most highly regarded, since aged maocha and ripened Pu-erh both lack a "clean" and "assertive" taste.

Aging and Storage

Pu-erh teas of all varieties can be aged to improve flavour; the tea's physical properties will affect the speed of aging as well as its quality. These properties include:

- **Leaf quality-** The number one factor is leaf quality. Maocha that has not been processed correctly will not age to the level of refinement as that of a properly processed maocha. The grade and cultivation of the tea also significantly **influences** its quality and its aging.
- **Compression-** The more a tea is compressed the slower it will age. Therefore, looser hand and stone-pressed Pu-erhs will age more quickly than denser hydraulic-pressed Pu-erh.
- **Shape and size-** The more surface area, the faster the tea will age. Bingcha (cake form) and Zhuānchá (tea brick) age more quickly than tuocha (bowl or nest form), or jìncha (mushroom shaped Pu-erh). Larger bingcha age more slowly than smaller bingcha, and so forth.

[Environmental factors](#) of the tea's storage also affect how quickly and successfully a tea ages. They include:

- **Air flow-** regulates the oxygen content surrounding the tea and removes odours. Moist, stagnant air will lead to dank, stale smelling aged tea. Wrapping the tea in plastic will prevent the aging process.
- **Odours-** tea will take on the smell of strong odours, sometimes for the duration of their "lifetime." Airing out Pu-erh teas can reduce these odours.
- **Humidity-** the more humidity the tea is exposed to, the faster the tea will age. Water accumulation on tea may increase the aging process but can also cause mould or change the flavour.
- **Sunlight-** tea that is exposed to sunlight is apt to dry out prematurely, and will often become a bitter cup of tea.
- **Temperature-** dry teas should not be subjected to heat due to the alteration of flavours. Exposed to low temperatures, Pu-erh's aging process will slow down drastically.

Preparation and Brewing

Preparing a Pu-erh brick or cake involves first breaking off compressed tea for brewing. There are many ways to do this: by flaking off pieces of the cake or steaming the entire cake until it is softened up; using Pu-erh knife (similar to an oyster knife or a rigid [letter opener](#)) to pry large flakes of tea off the cake to reduce leaf breakage.



Pu-erh is generally expected to be served [Gongfu](#) style, generally in a [Yixing](#) tea pot or in a type of Chinese [teacup](#) called a [gaiwan](#). Optimum water temperatures are generally regarded to be around 95 [degree Celsius](#) for lower quality Pu-erhs and 85-89 degree Celsius for good ripened and aged raw Pu-erh. Steeping times last from 12-30 seconds in the first few infusions, up to 2-10 minutes in the last infusions. Generally, the higher quality aged Pu-erhs can produce multiple infusions, each with a different flavour when

brewed in the traditional Gong-Fu method.

Because of the prolonged fermentation in ripened Pu-erh and slow oxidization of aged raw Pu-erh, these teas often lack the bitter, astringent properties of other tea types, and also can be more strongly and repeatedly brewed - with some claiming 20 or more infusions of tea from one pot of leaves. On the other hand, young raw Pu-erh is known and expected to be strong and aromatic, yet very bitter and somewhat astringent when brewed, since these characteristics are believed to produce better aged raw Pu-erh.

Health Benefits

Drinking Pu-erh tea is purported to reduce blood cholesterol. It is also widely believed in Chinese cultures to counteract the unpleasant effects of heavy alcohol consumption. In traditional Chinese medicine, the tea is believed to invigorate the spleen and inhibit "dampness." In the stomach, it is believed to reduce heat and "descends qi".

Pu-erh tea is widely sold as a weight loss tea or used as a main ingredient in such commercially prepared tea mixtures. Though there is as yet no empirically backed evidence as to how Pu-erh might facilitate weight loss, the widely proposed explanations include that the tea increases the drinker's metabolism, or that the high tannin content in the tea binds macronutrients and coagulate digestive enzymes, thus reducing nutrient absorption. Although evidence is still sparse, it has been shown that rats experience reduction in body weight, blood triglycerides, and blood cholesterol following a diet containing Pu-erh tea.



Oolong

In [Chinese tea culture](#), semi-oxidized oolong teas are known as qīngchá ([Chinese](#): "blue-green tea"). Oolong tastes more like a green tea than black tea- it does not contain the sweet smell of black tea but, at the same time doesn't have the grassy, earthy flavours that are associated with green tea. Oolong is usually prepared to be strong and bitter, but leaves a sweet aftertaste. Many types of Oolong, and among those the famous 'Wuyi' produced in the [Wuyi Mountains](#) of northern [Fujian](#) and in the central mountains of [Taiwan](#), are a few of the most famous Chinese teas.

The English name, Oolong tea, comes from the [Chinese](#) name which is pronounced as O-lióng tê and is translated as "black dragon tea". There are three ideas about how the Chinese name happened:

The "tribute tea" theory suggests that Oolong tea descended from the Dragon-Phoenix Tea Cake tribute tea, which Oolong tea replaced when loose tea came into fashion. It was called the Black Dragon tea because the tea appears dark in colour, long and curled, like the mystic Black Dragon.

The Wuyi story says that Oolong tea came from Wuyi Mountain. Poems written in the Qing dynasty, such as Wuyi Tea Song (Wuyi Chage) and Tea Tale (Chashuo) describe this type of tea.

The third theory is that a man named Wu Liang discovered Oolong tea accidentally when he was distracted by a deer after a hard day's tea-picking, and by the time he remembered about the tea it had already started to oxidize.

Processing of Oolong

Oolong tea undergoes a few delicate processes in order to produce the unique aroma and taste. Typical Oolong tea is processed according to the following steps:

- Leaves are freshly picked.
- **Wilting:** Sun dry or air dry to partly remove moisture.
- **Cooling:** Cool off in shaded area.
- **Yaoqing:** Gently tossing leaves to bruise their edges, creating more contact surface for oxidation.
- Cooling and Yaoqing are repeated multiple times.
- **Shaqing:** A procedure to stop oxidation with high heat. Premium leaves are usually stir fried in a large pan over high heat. Large productions are done by machine.
- **Rouqing:** The tea leaves are rolled into strands or nuggets before dehydration.
- **Roasting:** Roasting with low heat to dehydrate tea leaves, this step can be repeated with temperature variations to produce flavors of choice.

Brewing

Generally, 2.25 grams of tea per 7 ounces of water should be used. Oolong teas should be prepared with 180°F to 190°F (82°C-87°C) water (not boiling) and steeped 3-4 minutes. High quality Oolong can be brewed multiple times from the same leaves, and unlike green tea it improves with reuse. It is common to brew the same leaves three to five times, the third steeping usually being the best.

An additional widely used method of brewing Oolongs in Taiwan and China is called gongfucha. This method utilizes a small brewing vessel, such as a Gaiwan or Yizing clay pot, with a large tea to water ratio. Multiple short steps of 20 seconds to 1 minute are done and are often served in small tasting cups about the size of a thimble.

Health Benefits

Scientists from Japan's University of Tokushima School of Medicine found that people who regularly consumed Oolong tea experienced more than twice the calorie-burning results compared to those who drank green tea.

Weight Loss

A study published in the Journal of Medical Investigation found that women who consumed Oolong tea directly after a meal increased energy expenditure by 10%. This compared to an energy expenditure of 4% for green tea drinkers and 0 for water drinkers.

Researchers at the Suntory Research Center in Osaka, Japan found that drinking Oolong tea 15 minutes before eating foods high in carbohydrates curbed rises in insulin, thus reducing some of the fattening effects of carbohydrate intake.

Researchers from Japan's Shiga University of Medical Science found that drinking Oolong each day helps to clear up skin problems within one month.

Skin Condition

Dr. Kenichi Yanagimoto and colleagues from the University of California found that people who drank Oolong tea on a daily basis experienced a fifty-percent reduction in free radicals within 15 days.

Free radicals are damaging substances in the body that contribute to signs of aging, including wrinkles and dark spots that are caused by ultra-violet rays, chemical food additives, pollution and stress.

Healthy Teeth

A study by the Department of Dentistry at Japan's Osaka University showed that regular consumption of Oolong tea strengthens teeth and helps prevent tooth decay by inhibiting the build-up of plaque.

Stronger Immune System

According to a study published in *Antioxidants & Redox Signaling*, test subjects who consumed Oolong were found to have stronger immune systems and a reduced risk for infections.

Green Tea

Green tea is a type of [tea](#) made solely with the [Camellia sinensis](#) that has undergone minimal processing. Green tea originates from China associated with many cultures in [Asia](#) from [Middle East](#). Recently, it has become more [West](#), where [black tea](#) is traditionally varieties of green tea have been created in it is grown. These varieties can differ to variable growing conditions, processing and

Over the last few decades green tea has been many scientific and medical studies to extent of its long-purported health benefits, evidence suggesting regular green tea drinkers risk of [heart disease](#) and developing certain types of cancer. Green tea has also been claimed useful for [weight loss](#) management.



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Chinese Green teas

- **Chun Mee:** Name means "precious [eyebrows](#)"; from [Jiangxi](#), it is now grown elsewhere.
- **Lungjing:** The best known of [famous Chinese teas](#) from [Hangzhou](#), whose name in Chinese means "dragon well". It is pan-fired and has a distinctive flat appearance. Falsification of Longjing is very common, and most of the tea on the market is in fact produced in [Sichuan](#) Province and hence is not authentic Longjing.
- **Gunpowder:** A popular tea also known as zhuchá. It originated in [Zhejiang](#) but is now grown elsewhere in [China](#).
- **Jasmine Yin Hao:** Fat tips with white down and natural jasmine scent. Sweet and floral, balanced and light, it is like a fine wine to be sipped in a slow and deliberate fashion.
- **Pi Lo Chun:** A [Chinese famous tea](#) also known as Green Snail Spring, from [Dong Ting](#) in Hunan Province. As with [Longjing](#), falsification is common and most of the tea marketed under this name may, in fact, be grown in [Sichuan](#).

Chinese and Japanese Green teas differ in processing, therefore are different in taste. The Chinese stir fry, roast, semi-roast and semi-fry, solar dry and steam, while the Japanese teas are only steamed and dried.



Japanese Green Teas

Green tea is ubiquitous in [Japan](#) and therefore is more commonly known simply as "tea". It is even referred to as "Japanese tea" (nihoncha) though it was first used in China during the [Song Dynasty](#), and brought to Japan by [Myōan Eisai](#), a Japanese

Buddhist priest. Types of tea are commonly graded depending on the quality and the parts of the plant used as well as how they are processed. There are large variations in both price and quality within these broad categories, and there are many specialty green teas that fall outside this spectrum. The best Japanese green tea is said to be that from the [Yame](#) region of [Fukuoka Prefecture](#) and the [Uji](#) region of [Kyoto](#).

- **[Bancha](#) (common tea):** Sencha harvested as a third or fourth flush tea between summer and autumn. Aki-Bancha (autumn Bancha) is not made from entire leaves, but from the trimmed unnecessary twigs of the tea plant.
- **[Genmaicha](#) (brown-rice tea):** Bancha (sometimes Sencha) and roasted genmai ([brown rice](#)) blend. It is often mixed with a small amount of Matcha to make the color more appealing.
- **[Gyokuro](#) (Jade Dew):** The highest grade Japanese green tea cultivated in special way. Gyokuro's name refers to the pale green color of the infusion. The leaves are grown in the shade before harvest, which alters their flavor. Gyokuro has a high caffeine content (Generally 0.16% in infusion [\[2\]](#)), but the significant [L-Theanine](#) content of Gyokuro slows down and counteracts the caffeine assimilation, and also the amount ingested is very small (Generally 10ml - 60ml).
- **Sencha Hiki First Flush:** Sencha Hiki is one of Japan's most sought after teas. From Wakayama Province this is an extraordinary green tea by all standards. The dark green leaves have an even, slender shape and a striking sweet vegetal aroma. The light to medium bodied infusion reflects a natural sweetness & a complex fresh fruity-vegetal aroma with a hint of citrus. A very rare tea, treasured by Japanese tea connoisseurs. It yields at least 3 very good infusions. Water temperature should be low and the time of the first infusion is 1 minute. Consecutive infusions are kept very short at approximately 30 seconds.
- **[Hōjicha](#) (roasted tea):** A green tea roasted over [charcoal](#).
- **[Kukicha](#) (stalk tea):** A tea made from stalks produced by harvesting one bud and three leaves.
- **[Matcha](#) (rubbed tea):** A fine ground tea (Ten-cha). It has a very similar cultivation process to [Gyokuro](#). It is used primarily in the [tea ceremony](#). Matcha is also a popular [flavor of ice cream](#) and other sweets in Japan.
- **[Sencha](#) (broiled tea):** The first and second flush of green tea, which is the most common green tea in Japan made from leaves that are grown in direct sunlight. The first flush is also called [shincha](#) (a new tea) and especially long steamed leaves are called [mushicha](#).

Brewing

Generally, 2.5 grams of tea per 170 ml of water, or about one teaspoon of green tea per cup, should be used. With very high quality teas like gyokuro, more than this amount of leaf is used, and the leaf is steeped multiple times for short durations.

Green tea brewing time and temperature varies with individual teas. The hottest brewing temperatures are 80°C to 90°C water and the longest steeping times 2 to 3 minutes. The coolest brewing temperatures are 60°C to 70°C and the shortest times about 30 seconds. In general, lower quality green teas are steeped hotter and longer, while higher quality teas are steeped cooler and shorter. Steeping green tea too hot or

too long will result in a bitter, astringent brew from low quality leaves. High quality green teas can be and usually are steeped multiple times; 2 or 3 steepings is typical. The brewing technique also plays a very important role in preventing the tea developing an overcooked taste. Preferably, the vessel in which the tea is steeped should also be warmed beforehand so that the tea does not immediately cool down.

Potential effects of Green tea on Health

Green tea consumption is reportedly associated with various health-promoting properties. For example, it has been shown to promote fat oxidation in humans at rest and to prevent obesity and improve insulin sensitivity in mice.

In a study performed at Birmingham (UK) University, it was shown that average fat oxidation rates were 17% higher after ingestion of Green Tea Extract than after ingestion of a placebo. Similarly the contribution of fat oxidation to total energy expenditure was also significantly higher by a similar percentage following ingestion of Green Tea Extract. This implies that ingestion of Green Tea Extract can not only increase fat oxidation during moderately intensive exercise but also improve insulin sensitivity and glucose tolerance in healthy young men.

Matcha

Matcha is a variety of fine, powdered [green tea](#) used particularly in the [Japanese tea ceremony](#), as well as to flavour and dye foods such as [mochi](#) and [soba](#) noodles, [green tea ice cream](#) and a variety of [wagashi](#) (Japanese confectionery). The most famous matcha-producing regions are [Uji](#) in [Kyoto](#), [Nishio](#) in [Aichi](#), [Shizuoka](#), and northern [Kyushu](#).

Matcha is generally expensive compared to other although its price depends on its quality. Only are hand picked, and it can take upwards of one grams of Matcha. Matcha is made from shade-also used to make [Gyokuro](#), unlike other forms such as powdered [Sencha](#).

Powdered tea, stored and traded as [tea bricks](#), [China](#) during the [Song Dynasty](#) (960-1279). consumption of powdered tea was formed into a (Chan) Buddhists. [\[citation needed\]](#)

[Zen Buddhism](#), and powdered tea along with it, was brought to Japan in 1191 by the monk [Eisai](#). Powdered tea was slowly forgotten in [China](#), but in Japan it continued to be an important item at Zen monasteries, and became highly appreciated by others in the upper echelons of society during the 14th through 16th centuries. Along with this development, tea plantation owners in Uji perfected techniques for producing excellent tea for matcha. The cultural activity called the [Japanese tea ceremony](#) centers around the preparation, serving, and drinking of matcha. The 16th century tea master [Sen no Rikyu](#) is regarded as the person who perfected this cultural activity. The kind of Japanese tea ceremony that he conceived is called wabi-cha or sōan-cha.



forms of tea, the finest tea buds hour to grind 30 grown tea leaves of powdered tea,

was invented in Preparation and ritual by [Zen](#)

Production

The preparation of matcha starts several weeks before harvest, when the tea bushes are covered to prevent direct sunlight. This slows down growth, turns the leaves a darker shade of green and causes the production of amino acids that make the resulting tea sweeter.

After harvesting, if the leaves are rolled out before drying as usual, the result will be Gyokuro (jade dew) tea. However, if the leaves are laid out flat to dry, they will crumble somewhat and become known as Tencha. Tencha can then be de-veined, de-stemmed, and stone ground to the fine, bright green, talc-like powder known as matcha.

The flavour of matcha is dominated by its amino acids. The highest grades of matcha have more intense sweetness and deeper flavour than the standard or coarser grades of tea harvested later in the year.

Location on the tea bush

Where leaves destined for Tencha are picked on the tea ([Camellia sinensis](#)) bush is vital.

The very top would have developing leaves that are soft and supple. This gives a finer texture to higher grades. More developed leaves are harder, giving lower grades a sandy texture. The better flavour is a result of the plant sending all its nutrients to the growing leaves.

Also, as a result of [chlorophyll](#)'s relationship to [tannin](#), younger growth is greener and more vibrant in colour, while more developed leaves further down the plant have had their chlorophyll convert gradually into tannin[[citation needed](#)], giving a more bitter flavour and duller brown-green colour.

Treatment before processing

Tencha leaves are traditionally dried outside in the shade and are never exposed to direct sunlight. However, these days, drying has mostly moved indoors. Quality matcha is also vibrantly green as a result of this treatment.

Stone grinding

Stone grinding is an art form in and of itself. Without the right equipment (matcha outside Japan is often exploded, lowering quality) and technique, matcha can become "burnt" and suffer degraded quality.

Oxidation

[Oxidation](#) is also a factor in determining grade. Matcha exposed to oxygen can easily become compromised. Oxidized matcha has a distinctive hay like smell and a dull brownish green colour.

Preparation

Prior to serving, the matcha is often forced in order to break up clumps. There are available for this purpose, which are usually and combine a fine wire mesh sieve and a storage container. A special wooden [spatula](#) the tea through the sieve, or a small, smooth placed on top of the sieve and the device

If the sieved matcha is to be served at a [ceremony](#), then it will be placed into a small known as a [chaki](#). Otherwise, it can be



through a [sieve](#) special sieves stainless steel temporary is used to force stone may be shaken gently.

[Japanese tea](#) caddy scooped

directly from the sieve into a [tea bowl](#).

A small amount of matcha is placed into the bowl, traditionally using a bamboo scoop called a chashaku, then a modicum of hot (not boiling) water is added. The mixture is then whisked to a uniform consistency, using a bamboo whisk known as a chasen. There must be no lumps left in the liquid, and no ground tea should remain on the sides of the bowl. Because matcha can be bitter, it is traditionally served with [a small sweet](#).

Usucha, or thin tea, is prepared with half a teaspoon of matcha and approximately 75 ml (2.5 oz) of hot water, which can be whisked to produce froth or not, according to the drinker's preference (or to the traditions of the particular [school of tea](#)). Usucha creates a lighter and slightly bitterer tea.

Koicha, or thick tea, requires significantly more matcha, as many as six teaspoons to 3/4 cup of water. Because the resulting mixture is significantly thicker, blending it requires a slower, stirring motion which does not produce foam. Koicha produces a sweeter tea, and is served almost exclusively as part of Japanese tea ceremonies.

Health Benefits

The health benefits of matcha are **greater** than those of green tea. Matcha is especially effective in providing the full benefits of anti-oxidants, and promoting fat oxidation because the leaf itself is ingested.

White Tea

White tea is the uncured and unoxidized tea leaf, dried, while green tea is roasted in an oven or for even curing). Oolong and black teas are curing.

White tea often contains buds and young tea been found to contain lower levels of caffeine suggesting that the [caffeine](#) content of some slightly lower than that of green teas.

White tea is a specialty of the [Chinese](#) province come from a number of varieties of tea cultivars. are Da Bai (Large White), Xiao Bai (Small White), Narcissus and Chaicha bushes. According to the different standards of picking and selection, white teas can be classified into a number of grades, further described in the [varieties section](#).



White tea is fast-pan (kept moving oxidized before

leaves, which have than older leaves, white teas may be

[Fujian](#). The leaves The most popular

Chinese White teas

- **[Bai Hao Yinzhen \(Silver needle\)](#):** The highest grade of the Bai Hao Yinzhen should be fleshy, bright colored and covered with tiny white hairs. The shape should be very uniform, with no stems or leaves. The very best Yinzhen (only undamaged and unopened buds) is picked between March 15 and April 10 when it is not raining. This tea comes from [Fujian Province, China](#).
- **White Peony ([Bai Mu Dan](#))**: A grade down from [Bai Hao Yinzhen tea](#), incorporating the bud and two leaves which are covered with a fine, silvery-white down. From [Fujian Province, China](#).
- **Lu Xue Ya (Green Snow Bud)**: A high grade white tea with green buds, contrasting white downy tips and a sweet floral aroma.

Other White teas

- **[Ceylon White](#)**: A highly prized tea grown in [Sri Lanka](#). Ceylon White tea can fetch much higher prices than [black tea](#) from the area. The tea has a very light liquoring with notes of pine and honey and a golden coppery infusion.
- **[Darjeeling White](#)**: It has a delicate aroma and brews to a pale golden cup with a mellow taste and a hint of sweetness. This is a particularly fluffy and light tea from [Darjeeling, India](#).
- **Assam White**: White tea production in the [Assam](#) region is rare. Much lighter in body than the [traditional black teas](#), a white Assam yields a refined infusion that is naturally sweet with a distinct malty character.

Currently, Distinctly Tea Inc. does not carry any White teas from anywhere other than China.

Brewing

Generally, around 2 to 2.5 grams of tea per 200 ml (6 ounces) of water, or about 1.5 teaspoons of white tea per cup, should be used. White teas should be prepared with 80°C (180°F) water (not boiling) and steeped for 2 to 3 minutes. Many tea graders, however, choose to brew this tea for much longer, as long as 10 minutes on the first infusion, to allow the delicate aromas to develop. Finer teas will exhibit more flavour and complexity with no bitterness as they brew. Lower grade teas do not always stand this test well and develop bitter flavors or [tannins](#). On successive brews (white teas produce three very good brews and a fourth that is passable), extend the time by several minutes per. The third brew may require as long as 15 minutes to develop well. Temperature is crucial: if it is too hot, the brew will be bitter and the finer flavors will be overpowered.

Potential health benefits of White tea

A study at [Pace University](#) in 2004 showed white tea had more [anti-viral](#) and [anti-bacterial](#) qualities than [green tea](#).

White tea contains higher [catechin](#) levels than green tea due to its lack of processing. Catechin concentration is greatest in fresh, unbroken and unfermented tea leaves.

White tea is made out of young leaves and buds, which is said to contain more of the amino acid [theanine](#) (relaxing and mood enhancing properties) than green and black teas which **are made** from older leaves.

[Caffeine](#) content of green and white teas are similar, though both depend on factors such as the variety of tea, the cut and length of the leaf, and the method of steeping.

White tea contains less [fluoride](#) than green tea since it is made from young leaves only.

Rooibos



Rooibos, (pronounced “roy-boss”; [Afrikaans](#) for “red bush”; [scientific name](#) *Aspalathus linearis*) is a [broom](#)-like member of the [legume](#) family of plants.

The plant is used to make a [herbal tea](#) called Rooibos tea, bush tea (esp. southern Africa), redbush tea (esp. UK), South African red tea (esp. USA), or red tea. The product has been popular in [southern Africa](#) for generations and is now consumed in many countries.

Production

Rooibos is grown only in a small area in of the [Western Cape Province](#) of South Africa. Generally the leaves are oxidized which produces the distinctive reddish-brown colour of Rooibos and enhances the flavour. Unoxidized Green Rooibos is also produced, but the more demanding production process for Green Rooibos (similar to the method by which [green tea](#) is produced) makes it more expensive than traditional Rooibos.

Use

In South Africa it is more common to drink Rooibos with milk and sugar, but elsewhere it is usually served without. The flavour of Rooibos tea is often described as being sweet (without sugar added) and slightly nutty. Rooibos can be prepared in the same manner as [black tea](#), and this is the most common method. Unlike black tea, however, Rooibos does not become bitter when steeped for a long time; some households leave the tea to steep for days at a time.

Nutritional Benefits

Rooibos is becoming more popular in Western countries particularly among health-conscious consumers, due to its high level of [antioxidants](#) such as [aspalathin](#) and [nothofagin](#), its lack of [caffeine](#), and its low [tannin](#) levels compared to fully oxidized black tea or unoxidized [green tea](#) leaves.

Rooibos is purported to assist with nervous tension, allergies and digestive problems.

Traditional medicinal uses of Rooibos in South Africa include alleviating infantile colic, allergies, asthma and dermatological problems. For skin treatments, Rooibos is brewed and placed directly on infected areas. Green Rooibos, especially effective for acne, rashes and other skin irritation, has a higher antioxidant capacity than fully oxidized Rooibos.

Yerba Maté



Yerba mate (British spelling, Yerba-maté, Spanish yerba mate, Portuguese erva-mate), *Ilex paraguariensis*, is a [species](#) of [holly](#) (family [Aquifoliaceae](#)) native to subtropical [South America](#) in [Argentina](#), eastern [Paraguay](#), western [Uruguay](#) and southern [Brazil](#). It was first scientifically classified by Swiss botanist Moses Bertoni, who settled in Paraguay in 1894.

The yerba mate plant is a [shrub](#) or small [tree](#) growing up to 15 [meters](#) tall. The [leaves](#) are [evergreen](#), 7–11 [cm](#) long and 3–5.5 cm wide, with a serrated margin. The [flowers](#) are small, greenish-white, with four petals. The [fruit](#) is a red [drupe](#) 4–6 mm diameter.

Infusion and Preparation

The infusion called [mate](#) is prepared by steeping dry leaves (and twigs) of yerba mate in hot water, rather than in boiling water like black tea. Drinking mate with friends from a shared hollow [gourd](#) (also called a mate or guampa in Spanish, or cabaça or cuia in Portuguese) with a metal straw (a bombilla in Spanish, bomba or canudo in Portuguese) is a common social practice in [Argentina](#), [Uruguay](#), [Paraguay](#), southern [Chile](#), eastern [Bolivia](#) and [Southern Region, Brazil](#) and also [Syria](#), [Lebanon](#) and [Jordan](#).

In [Brazil](#), a toasted version of mate, known as chá mate or “mate tea”, is sold in teabag and loose form, and served, sweetened, in specialized shops, either hot or iced with fruit juice or milk. An iced, sweetened version of toasted mate is sold as an uncarbonated [soft drink](#), with or without fruit flavoring. The toasted variety of mate has less of a bitter flavor and more of a spicy fragrance. It is more popular in the coastal cities of [Brazil](#), as opposed to the far southern states where it is consumed in the traditional way (green, drunk with a silver straw from a shared gourd).

Similarly, a form of mate is sold in Argentina, Uruguay and Paraguay in tea bags to be drunk in a similar way to tea. This is known in Spanish as mate cocido or cocido. In Argentina this is commonly drunk with breakfast or as part of merienda (roughly, afternoon tea), often with a selection of facturas (sweet pastries). It is also made by heating yerba in water and straining it as it cools.

Nutritional Benefits

Each infusion of Yerba Mate contains vitamins A, C, E B1, Niacin (B3), B5, and B Complex. The minerals Mate contains are calcium, manganese and phosphorus. Yerba Mate is also high in fatty acids, Chlorophyll, Flavonols, Polyphenols, Trace Minerals, antioxidants, Pantothenic acid and 15 Amino acids.

According to Dr. Mowry, Director of Mountainwest Institute of Herbal Sciences, one of the group of investigators from the Pasteur Institute and the Paris Scientific Society concluded that Yerba Mate contains “practically all of the vitamins needed to sustain life”. They focused especially on the Pantothenic Acid, remarking that it is “rare to find a plant with so much of this significant and vital nutrient. It is indeed difficult to find a plant in any area of the world equal to Mate in nutritional value.”

In addition, results from a study done by researchers at the University of Madrid assert there is a high content of mineral elements, especially K, Mg and Mn in Mate. The researchers considered those findings “to be of great relevance” to the nutritional value of Mate infusions.

Mateine

Mate products are sometimes marketed as "caffeine-free" alternatives to [coffee](#) and [tea](#), and said to have fewer negative effects. This is often based on a claim that the primary active xanthine in mate is "mateine", erroneously said to be a [stereoisomer](#) of [caffeine](#). However, it is not chemically possible for caffeine to have a stereoisomer, and "mateine" is an official synonym for [caffeine](#) in the chemical databases.

From reports of personal experience with mate, its physiological effects are similar to (yet distinct from) more widespread caffeinated beverages like coffee, tea, or [guarana](#) drinks. Users report a mental state of wakefulness, focus and alertness reminiscent of most [stimulants](#), but often remark on mate's unique lack of the negative effects typically created by other such compounds, such as anxiety, diarrhea, "jitteriness", and heart palpitations.

Brewing

The flavour of brewed yerba mate is strongly vegetal, herbal, and grassy, reminiscent of some varieties of [green tea](#). Many consider the flavour to be very agreeable. Because it is generally bitter if steeped in boiling water, it should be made using hot rather than boiling water. One teaspoon of Yerba Mate is used per 8oz cup and steeped for 3-5 minutes. Unlike most teas, it does not become bitter and astringent when steeped for extended periods. The leaves may be infused several times.

LaPacho

LaPacho, Pau d'arco or Taheebo is an [herbal tea](#) made from the inner bark of [Pink Ipê](#), (*Tabebuia impetiginosa*).

Origins

Taheebo, or Pau d'Arco, is the common name for the inner bark of the Red or Purple LaPacho tree. This tree grows high in the Andes of the South American rainforest. The Red LaPacho's purple-colored inner bark was one of the main medicines used by the Incas and has been used for over 1,000 years by the Callawaya tribe, descendants of the Incas.

Production

To produce LaPacho, the inner [bark](#) of the [Pink Ipê](#) is dried, and shredded. A powdered form of LaPacho is also made by using this same process, **then grinding the bark into a fine powder.**

Potential Health Benefits

LaPacho plays a central role in the [herbal medicine](#) of several South American indigenous peoples. LaPacho bark is typically used during flu and cold season and for easing [smoker's cough](#). It works by promoting the lungs to expectorate and free deeply embedded mucus and contaminates during the first three to ten days of treatment.

LaPacho is used by herbalists as a putative treatment for [cancer](#), [HIV](#), and numerous other maladies. Studies by the [U.S. National Cancer Institute](#) showed that LaPacho may prevent, delay, or treat cancer; but the oral doses needed to reach useful levels in the blood also cause severe side effects. Brazilian researchers isolated a substance in LaPacho tea that apparently contains a chemical chain, anti-tumor agent. Dr. Paulo Martin, a medical researcher for the Brazilian government stated, "We isolated a compound we called quechua from LaPacho and found it to be a powerful antibiotic, with virus-killing properties." Dr. Norman Farnsworth of the University of Illinois, who supports Dr. Martin, is quoted as saying: "LaPacho undoubtedly contains a substance found to be highly effective against cancer." Some

feel that one of the most significant contributions of LaPacho tea is the elimination of pain. Apparently this takes about 3 days of drinking a quart of Red or purple LaPacho tea each day, properly prepared, and 2-3 cups per day thereafter.

Herbal and Fruit Tea (Tisane)

The [English](#) word "tisane" originated from the [Greek](#) word *πιτσάνη* (*ptisanē*), a drink made from [pearl barley](#). Technically, the name 'herbal tea' is incorrect because they are not made with [real tea](#) ([Camellia sinensis](#)), but by infusing other plants.

Some countries the use the word 'tea' is legally restricted to infusions of [Camellia sinensis](#) (the tea plant).

Herbal teas can be made with fresh or dried flowers, leaves, seeds, roots and dehydrated fruit by pouring boiling water over the plant parts and letting them steep for a few minutes. The tisane is then strained, sweetened if so desired, and served.

Types of Herbal Teas Carried by Distinctly Tea Inc.

- ☛ **Good Night:** Valerian Root, Passion Flower, Lemon Balm Leaf, Peppermint, Fennel, Caraway, Anise, Rosehip, Rosemary, Marigold Blossoms
- ☛ **Hers:** Cinnamon, Apple bits, Rooibos, Ginger, Fennel, Chamomile, Clove, Cardamom, Alchemilla, St. John's Wort, Black Pepper, Ginseng Root
- ☛ **Yogi Chai:** Ceylonese Cinnamon, Spice, Orange Peel, Natural Cinnamon Flavour
- ☛ **Stress Blocker:** Apple Cubes, Rosehip, Rooibos, St. John's Wort, Orange Peel, Lemon Grass, Lemon Balm, Lemon Verbena, Ginkgo Leaves, Calendula, Orange Blossoms and Natural Flavour.

Types of Fruit Teas Carried by Distinctly Tea Inc.

- ☛ **Maritime Cranberry Fruit:** Apple, Hibiscus, Rose Hip, Elderberry, Blueberry, Calendula, and Natural Flavour
- ☛ **Pear Cream Fruit:** Apple, Hibiscus, Rosehip, Elderberry, Calendula and Natural Flavour
- ☛ **Canadian Blueberry Fruit:** Apple, Hibiscus, Rosehip, Elderberry, Blueberry, Orange Peel and Natural Flavour
- ☛ **Romantic Spirit Fruit:** Apple, Hibiscus, Rosehip, Elderberry and Blueberry, Cassia Bark, Vanilla and Natural Flavour

Flower Teas

Flower teas are a unique art form of tea, hand made in China from skilled artisans. They combine young leaf green tea with various dried flowers giving each flower tea its own distinctive characteristics.

All flower teas at Distinctly Tea Inc. are packaged in 2 mL poly-propylene zip-lock bags to ensure minimal flavour transfer to the environment. To provide a sample of the tea liquor to the customer, pour off some of the tea into a sample cup and then top off the flower tea with more water. Flower teas can provide up to 4 separate infusions. Flower teas can be used as a display for several days.

To infuse a flower tea for the customer, place the dry tea into a wine glass and pour water (95 degrees Celsius) over the flower to show the flower opening.

Powders and Extracts

Rooibos Extract

Pure Rooibos tea extract is completely water soluble in hot and cold water. This powder is made from aqueous extract of natural Rooibos tea to maintain all of the nutrient value of Rooibos. 7 pounds of Rooibos makes 1 pound of extract powder. Raw, unfermented Rooibos is sterilized and the powder is then extracted through a water process.

Distinctly Tea Inc. only carries red Rooibos extract presently.

Yerba Mate Extract (Powder)

Natural unroasted Mate extract is completely soluble in hot and cold water. This powder is made from aqueous extract of natural Yerba Mate to maintain all of the nutrient value.

Herbs

Distinctly Tea Inc. carries a broad range of herbs to be used as remedies for various ailments. **However, herbs and their medicinal properties should not be promoted as a cure or as being free of side effects. Recommend that customers speak with** their physicians or naturopaths before consuming an herb they are unsure of.

These are a few of the popular herbs stocked by Distinctly Tea Inc. and the health properties they are typically consumed for:

Chamomile	Reduces inflammation, stimulates the appetite, and aids digestion and sleep. Chamomile can be used as a diuretic and nerve tonic and is also helpful for colitis, diverticulitis, fever, headaches and pain. Chamomile can also be good for menstrual cramps. Chamomile, traditionally, is used as a remedy for stress and anxiety, indigestion and insomnia.
Cinnamon	Cinnamon relieves diarrhea and nausea; it counteracts congestion, aids peripheral circulation. Cinnamon warms the body, enhances digestion, (especially the metabolizing of fats) and fights fungal infection.
Dandelion	Dandelion leaf and root acts as a diuretic. It cleanses the blood and liver and increases bile production. Dandelion improves the functioning of the kidneys, pancreas, spleen and stomach. It can relieve menopausal symptoms. Taking Dandelion is useful for abscesses, anemia, boils, jaundice and rheumatism. It is also believed to help prevent age spots and breast cancer.
Echinacea	Echinacea fights inflammation and bacterial and viral infection. It stimulates certain white blood cells, and is good for the immune and lymphatic system. Consuming Echinacea is useful for combating allergies, colic, colds, flu and other infectious illnesses.
Ginger	Ginger helps fight inflammation, cleanses the colon, reduces spasms and cramps and stimulates circulation. It protects the liver and stomach and is good for bowel disorders, circulatory problems, arthritis, fever, headache, morning sickness, motion sickness, muscle pain and nausea.

Hibiscus	Hibiscus is a natural diuretic. It can be used as a natural shampoo from a paste made of the leaves and petals.
Lavender	Lavender relieves stress, depression and is also beneficial for the skin. It is good for burns, headaches, psoriasis and other skin conditions.
Nettle	Acts as a diuretic, pain reliever and tonic. Good for anemia, arthritis, rheumatism, hay fever and other allergies. Nettle is used in hair products to help stimulate hair follicles and regulate scalp oil buildup.
Peppermint	Peppermint increases stomach acidity aiding in digestion. It is also useful for chills, colic, diarrhea, headache, heart trouble, indigestion, irritable bowel syndrome, nausea and rheumatism.
Red Raspberry Leaf	Red Raspberry leaf reduces menstrual bleeding, relaxes uterine and intestinal spasms and strengthens uterine walls. It promotes healthy nails, bones, teeth and skin and is good for diarrhea and morning sickness, hot flashes, and menstrual cramps.
Rosehips	Rosehips are good for the bladder infections and other problems. They are also an excellent source of vitamin C when used fresh.
Sage	Sage stimulates the central nervous system and digestive tract. It is known to have estrogenic effects on the body and reduces sweating and salivation. Sage is good for hot flashes and other symptoms of estrogen deficiency. Use as a hair rinse to promote shine and growth.
Spearmint	Spearmint has anti-androgenic properties and is used to treat hirsutism (increased hair growth in women). However, most Distinctly Tea Inc. customers would use Spearmint for its cooling properties and flavour.

Herbal Candies

Distinctly Tea Inc. offers a variety of herbal candies, **made with natural fruit and herbal extracts free of additives and artificial colours.** Only vegetable colours are used.

Natural Sweeteners and Sugars

Honey Pearls

Honey Pearls are 100% natural dry honey containing no artificial flavors or additives.

A 6 gram teaspoon contains 2.8 grams of carbohydrates, total sugars (from honey) 2.8 grams, 11 calories total.

Most people are able to digest honey **more easily** than refined sugars. Raw honey is rich in elements that can help heal cells, kill bacteria, ease sore throats **and clear allergy symptoms**.

Maple Pearls

Maple syrup is made from the sap of a specific maple tree (*Acer saccharum*) native to eastern North America. It contains naturally occurring sucrose, glucose and fructose. During the winter, starch is converted to sugar in the tree roots and then, in the spring, carried up the trunk before the buds open. At this time, the sap contains 4 -10% sugar. The sap is collected from plugs inserted into the tree that allow the sap to pour into a pail. The collected sap is boiled down giving it its flavour. Quebec is the largest producer of maple syrup in the world.

Maple syrup pearls are a really great substitute for sugar. Maple sugar is high in zinc and manganese - two minerals that can help maintain a healthy heart and balance cholesterol levels.

Natural Crystal Sugar Brown

Crystal sugar, offered in fine restaurants and hotels, is known in Europe as the ideal sweetener for tea. Reminiscent of uncut gem stones, this brown crystal sugar **is not only esthetically pleasing; it has the advantage of being a more neutral, finer sweetener than processed sugar**. Adding a few pieces of crystal sugar to a cup of tea, sweetens it without substantially altering or covering up its characteristics.

Stevia

Stevia is a form of natural sweetener found in the leaves of the plant, Stevia. It has been shown to help the pancreas function by increasing the enzyme availability and improving your body's ability to process other sugars. It also contains practically zero calories! Stevia has shown promise as a treatment for obesity, high blood pressure and hypertension, and as a preventative of osteoporosis. Stevia is manufactured in leaf or powdered form, also in natural green, or a whitened colour. Stevia is a very powerful sweetener, so one **should use only a fraction of the typical** sugar amounts used in baking (1/4 Stevia to 1/32 the amount of sugar).

MeTEA®

The MeTEA ® line was introduced by Distinctly Tea Inc. in 2008 to promote tea and the healthy effects it can have on the body. The MeTEA® slogan is, "It's all about me" - about treating yourself, as an individual, to the delights these teas can offer. Currently, there are 8 MeTeas available to suit the tastes and needs of all Distinctly Tea Inc. customers.

MeTEA ® includes:

Beautify Me {it really is all about you}	Looking for some rejuvenation to beautify you from the inside out? This cherry rose flavoured Rooibos contains natural ingredients to enhance your inner health and well-being. Sit back, relax and let the tea do the work.
Leave Me Alone {talk to the	We all can relate to having one of those days when nothing goes right and our head feels like it's going to explode. Why not sit back, relax with a cup of invigorating rich, warm, chocolate Leave ME Alone Tea to help relieve those symptoms of anxiety, frustration and premenstrual discomfort. After all, it really is all about you!

hand}

Cool Me

{because I'm
feeling the
heat}

When your inner child is playing with matches, sit back and relax with our Cool ME Tea blend.

Lose Me

{droppa few}

Ever want to just drop everything including a few extras? Now you can lose yourself for a few minutes each day and a few extras as well. Our mango flavoured Yerba Mate will impart important trace nutrients while the thermogenic properties of Yerba Mate and Green Tea help you droppa few.

Sleepy Me

{rock me
gently}

“Good sleep is the difference between well functioning adults and tall cranky toddlers.”
–Helen Thomson. How true! Let our gentle sleepy-time tea help turn you off before bedtime.

Romance Me

{a heart that
loves is always
young}

“A heart that loves is always young”- Greek Proverb

A special blend of tea to put you in the mood for romance.

Energize Me

{getter done}

Need a boost to get you going? Our Energize Me Tea will revive your body, giving you a boost of energy to get you going on the right foot. This fragrant and flavourful herbal with hints of orange, lemon and apple was created to rejuvenate your body with natural energy... because it really is all about you!

Baby Me

{make me feel
good!}

Ever wish you could have someone there to massage your aching muscles, relieve your tension headache and just make you feel good all over? Finally a caffeine-free tea that will pamper you from the inside out. Gentle Rooibos, mint and chamomile created to calm your spirit and rejuvenate your day.