



I K K Y U

NADESHIKO

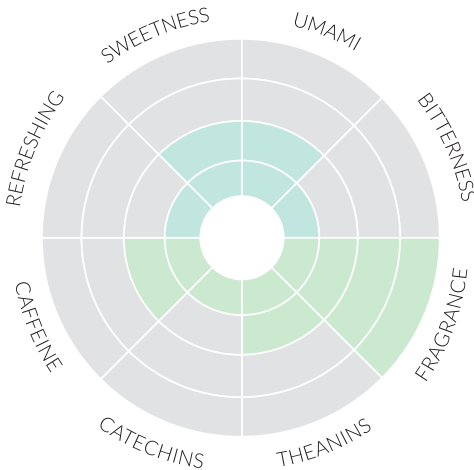
High-Grade Organic Fermented Tea

Plucked during the first and second harvests, organic fermented green tea NADESHIKO is a new type of healthy tea made by producer Osada san in Shizuoka. Also called “rosé tea”, its unique microbial fermentation process was developed thanks to Sake fermentation expertise, using the patented black koji (kurokoji).

A blend of benifuuki, yabukita and zairai cultivars, NADESHIKO is a highly refreshing green tea similar in taste to wakoucha (Japanese black tea) or Chinese pu'er, but extra healthy thanks to high concentrations of catechin, citric acid and gallic acids developed under a strictly controlled procedure.

Like all fermented foods, NADESHIKO is a tea that is highly effective to support your diet and fitness efforts. Research conducted by a joint team at Shizuoka University and Saga University discovered two new types of polyphenols inside it that suppress the enzymes responsible for diabetes in adults. This, in turn, decreases levels of visceral fat, neutral fat and cholesterol.

TASTING NOTES



Shelf life unopened
2 years



Shelf life opened
2 years

NADESHIKO

BY
OSADA
NATSUMI



MORIMACHI

NADESHIKO

High-Grade Organic Fermented Tea

BY OSADA NATSUMI



PRODUCTION AREA

The tea fields of Osada san are located in Morimachi, deep in the mountains at 500 meters above sea level, 130km south west of Mount Fuji in Shizuoka prefecture.

Clear and fresh natural spring water flows in this area, giving tea grown there a fresh aroma and rich flavor. Surrounded by thick forests, Osada san's tea plantations have been certified organic for over thirty years.

RECOMMENDED PREPARATION



Put **2-3g (0.14oz)** of tea leaves in a teapot (with a filter mesh).



Bring **150ml / ~5 fl oz** of filtered water to reach **100C (212 F)**



Pour water into the teapot



Let the leaves brew between **120s to 180s** according to taste (the longer the stronger the tea will be).



Pour the tea slowly into the cup(s), a little at a time, until the last drop.

If you want, you can prepare a whole bottle of Nadeshiko each day in order to focus on the health effects over the day. In that case you can brew it like this :

5g of loose tea leaves, 1 Liter of water brewed at **100C/212F for 3 minutes**. It's a very convenient way to enjoy this tea, give it a try !