



Tea & Tisanes

Introduction

- What is tea? Tea is an aromatic beverage commonly prepared by pouring hot or boiling water over cured leaves of the *Camellia sinensis*, an evergreen shrub native to Asia.
- What is a tisane? Herbal tea, or tisane, is any beverage made from the infusion or decoction of herbs, spices, or other plant material in hot water, and usually does not contain caffeine.
- How many types of tea are there? Although there are thousands of different tea varieties, there's only 4-5 tea categories. All true tea blends are either: Black, White, Green, Oolong and Pu-erh
- What else can I use tea for? There is a plethora of uses for tea and tisanes ranging from health, beauty, skincare, haircare, culinary, dietary, aromatherapy and cleaning purposes.

How to brew tea

1. Add desired amount of tea or herbs into tea infuser/teapot
2. Heat filtered water to desired temperature
3. If using a tea infuser place it into teacup or teapot
4. Set timer for desired steep time
5. Once desired water temperature is reached, pour water into teacup or teapot and start timer
6. Listen for timer alarm and promptly remove the tea infuser or strain tea from teapot/teacup
7. Stir tea or tisane and sweeten to taste
8. Enjoy!

***Note* some herbs may trickle in tea water during steeping, tea is still safe to consume.**

Be Creative!

Don't just settle for adding sugar to your tea or tisane, be creative! Try honey, agave, fruit juice, milk, fresh fruit, wine or spirits to really enhance your tea drinking experience.

Tea Brewing Chart

Tea Type	Amount per 6-8oz water	Temperature	Steep time
Black	1tsp	205°-212°	3-5 min
Darjeeling	1tsp	205°	2-3 min
Green (Japan)	1tsp	160°-175°	2-3 min
Green (China)	1tsp	160°-180°	2-4 min
White	1-1.5tsp	175°-190°	1-2 min
Oolong	1tsp	195°	2-3 min
Rooibos/Herbal	1-1.5tsp	205°-210°	5-8 min
Blooming (flower)	1 ball per 20oz	185°	3-4 min until bloomed

- If making iced tea double tea amount and dilute with ice.
- For stronger tea, add more tea, not more time.
- When blending teas, always use steep time for the tea or herb with shortest steep and lowest temperature.
- When adding milk to tea, always add after brewing.
- Leaving leaves or herbs inside tea after brewing will create a bitter, burnt tea taste, always remove tea infuser promptly after instructed steep time.