



Tea Basics

BACKGROUND

We define tea as: the infusion of any plant material creating an enjoyable beverage. Herbal infusions can be traced back to 7000 BC, while the brewing of so-called regular tea (from the tea bush) began in China, perhaps around 2500 BC. Tea was initially consumed for its pleasurable taste, stimulating and focusing effect, numerous health benefits, and as part of spiritual practice. This still holds true today.

TWO CATEGORIES OF TEA

TEA

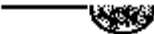
- 1) Derived solely from the Camellia Sinensis tea bush.
- 2) Types include:
 - White – minimally processed
 - Green – non oxidized
 - Oolong – partially oxidized
 - Black – fully oxidized
 - Pu-erh - aged
- 3) All tea derived from the tea bush contains caffeine, approximately 50 mg/cup (1/2 the amount found in a cup of coffee).

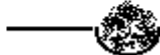
HERBAL TEA

- 1) Infusions derived from any plant, except the Camellia Sinensis tea bush, using leaves, flowers, fruits, seeds, twigs, roots or bark.
- 2) This group contains a wide variety of delicious beverages, many of which have specific digestive qualities, calming effects and other health benefits.
- 3) These teas contain **NO CAFFEINE**.

TEA PREPARATION

- 1) Careful measurement of loose tea. 2.25-2.5 grams per 8 oz cup.

1 tsp = 

1 heap tsp = 

- 2) Proper **water temperature** and Correct **steep time**.

Type	Temperature	Time
White teas	175°F	4 minutes
Green teas	175°F-185°F	1 - 5 minutes
Oolong teas	212°F	4 - 5 minutes
Black teas	212°F	4 - 5 minutes
Pu-erh teas	212°F	5 minutes
Herbal teas	212°F	3 - 5 minutes
Mate teas	175°F	5 minutes
Rooibos teas	212°F	7 minutes

Note: Optimal dosage, **temperature** and **time** may vary depending on the variety of tea. Additionally, some teas may work well at various doses, temperatures and times.