



Guide to Steeping Tea

There are many factors that contribute to the perfect cup of brewed tea:

- The quality of the tea leaves
- Purity of the water
- Ratio of tea to hot water
- Correct steeping temperature for the specific type of tea
- Correct steeping time for the specific type of tea
- Adequate room for the tea leaves to expand and fully extract the best flavor

To extract the best taste from your tea start every time with fresh, cold filtered water. Never re-boil water that has been left in the kettle as the taste could be stale or flat. Choose a high quality tea and store the tea away from the light in a dark, airtight container.

For each 6-8 ounces of water, use approximately: 2 grams/1 teaspoon of tea leaves or 1 teabag. When using a teaspoon to measure the tea, be sure to take into account the surface size of the leaves. For larger tea leaves you may have to use a heaping teaspoon, whereas for finer teas you may want to use a level teaspoon. Always adjust the amount of tea and steeping time to your personal taste.

Check the chart below for each type of tea for accurate brewing temperature and steeping time:

Type	Water Temperature	Steep Time	Resteeping Times
Green Tea	150-160°F	2-4 minutes	2-5 steeps
White Tea	175-180°F	4-6 minutes	3-5 steeps
Yerba Mate Tea	185°F	3-5 minutes	3-6 steeps
Oolong Tea	190°F	5-8 minutes	3-6 steeps
Black Tea	212°F	4-6 minutes	Does not resteep well
Rooibos Tea	212°F	4-6 minutes	1-3 steeps
Herbal Tea	212°F	5-8 minutes	1-3 steeps

Pour hot water into a pre-heated teapot or cup to ensure the water steeps the tea at the ideal temperature without being cooled by the pot or cup. Place tea leaves or tea bag into hot water rather than pouring the hot water directly over the leaves. Tea can burn easily if hot water is poured directly on the leaves. Allow adequate room for the tea leaves to expand when using a tea infuser.

The majority of teas can be infused multiple times; in fact some consider the second and third steepings better than the first. To resteep loose tea leaves, always remove the leaves from the first extraction after steeping time is complete otherwise the leaves will become over extracted and bitter. Follow the chart above for the number of times each type of tea can be resteeped. Never save the steeped tea leaves overnight, only resteep tea leaves a few hours after the first steeping.

For fresh brewed iced tea, heat 4 cups (32 oz) of hot water and add 6-8 teaspoons of loose tea or 6-8 teabags. Allow tea to steep for 8-10 minutes then remove tea and add 4 cups (32 oz) of cold water. If desired, sweeten with sugar, honey or agave nectar and serve over ice.