

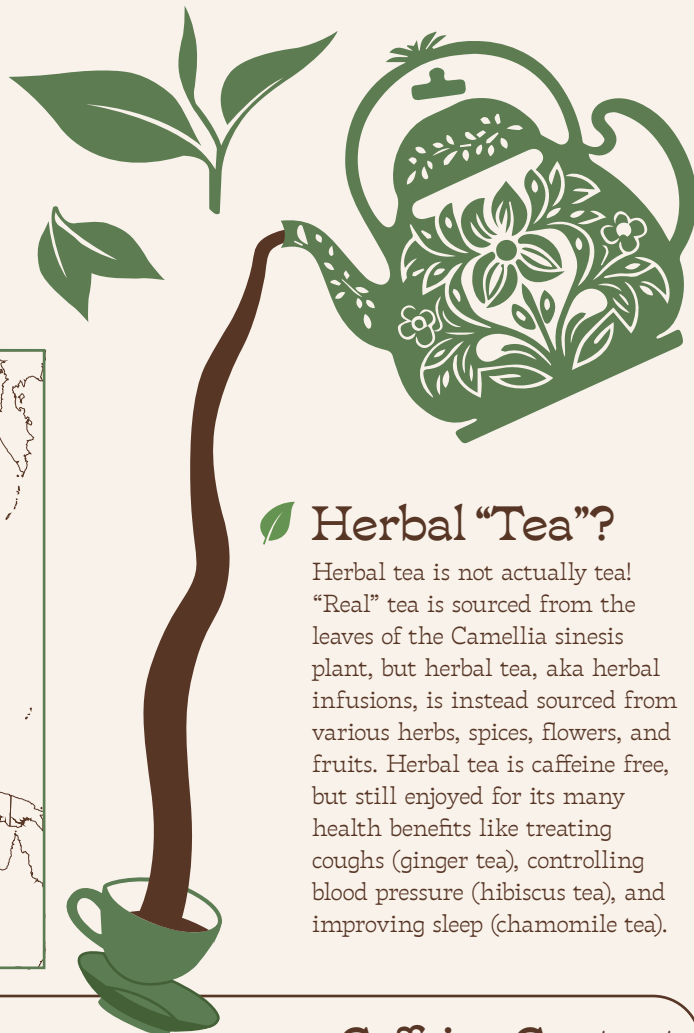
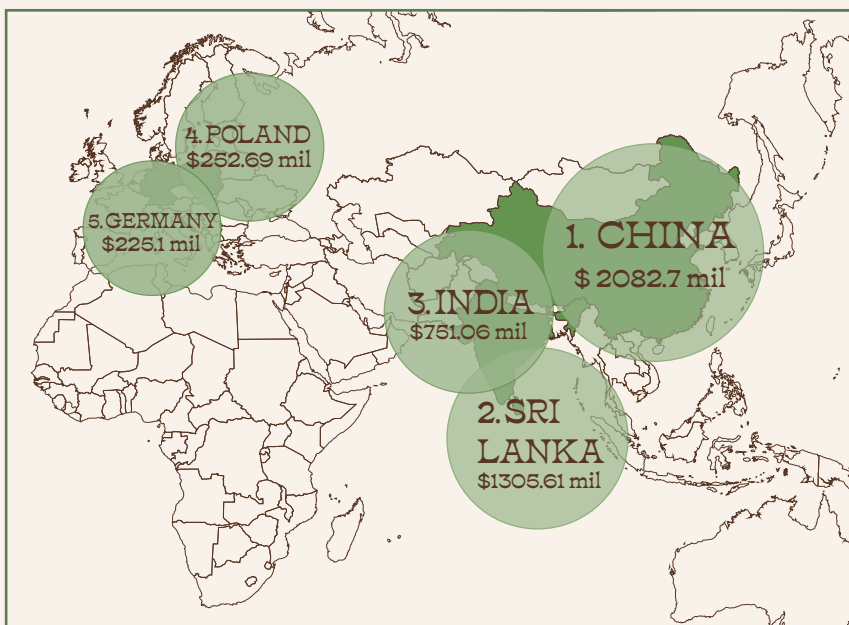
What's The Tea?

What is Tea?

Tea is a simple, aromatic beverage made by steeping the dried leaves of a shrub, the *Camellia sinensis*, in hot water. Tea is as old as the 2700s BCE and is the most popular beverage after water.

Top 5 Tea Exporters in 2022 (Worldwide)

Fun Fact: Tea was first exported from China on the Silk Road trade route



Herbal "Tea"?

Herbal tea is not actually tea! "Real" tea is sourced from the leaves of the *Camellia sinensis* plant, but herbal tea, aka herbal infusions, is instead sourced from various herbs, spices, flowers, and fruits. Herbal tea is caffeine free, but still enjoyed for its many health benefits like treating coughs (ginger tea), controlling blood pressure (hibiscus tea), and improving sleep (chamomile tea).

The 4 Main Types of Tea

1 Black

Black Tea is a dark and bold tea variety created by harvesting, wilting, and then lightly crushing tea leaves. Examples are Earl Grey and English Breakfast.

3 White

White Tea is a low-caffeine, light and subtle variety created by picking only young leaves and buds, and minimally processing them (only withering and drying).

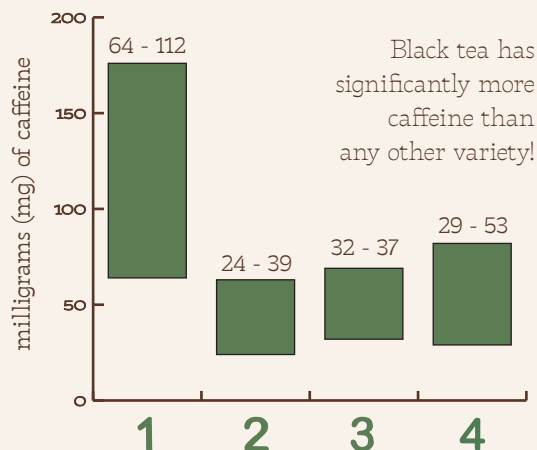
2 Green

Green Tea is a lighter and milder variety, created by harvesting the leaves and either leaving them unoxidized or steamed/pan-fired to halt the oxidization process. Examples are matcha and sencha.

4 Oolong

Oolong Tea is a unique variety that can fall anywhere between light and floral to rich and fruity. It is between black and green tea in that it is partially oxidized, and can be re-infused with flavor.

Range of Caffeine Content by Tea Type, per 8oz drink



Brewing the Perfect Cup

Brewing the perfect cup of tea can be difficult. Here's what advice experts have to offer...

Use a ratio of 1 tsp of tea leaves - OR - 1 teabag per 8oz of hot water



Tea Type	Water Temperature	Steep Time
Black Tea	200-212°F (93-100°C)	3-5 minutes
Green Tea	160-180°F (71-82°C)	1-3 minutes
White Tea	175-185°F (79-85°C)	4-5 minutes
Oolong Tea	185-205°F (85-96°C)	3-5 minutes