

ALL ABOUT TEA



*If you are cold, tea will warm you;
If you are too heated, it will cool you;
If you are depressed, it will cheer you;
If you are exhausted, it will calm you.*

William Gladstone

INTRODUCTION

After water, tea is the most widely-consumed beverage in the world. Tea is pretty awesome – it has no calories (no fat, protein or carbohydrates), doesn't contain much caffeine, is relatively inexpensive, tastes good and when you're ready for something to perk you up it only takes a few minutes to make.

HISTORY

Tea began as a medicine and grew into a beverage. China has the earliest records of tea consumption, with records dating back to the 10th century B.C. Yunnan Province in China has been identified as "the birthplace of tea...the first area where humans figured out that eating tea leaves or brewing a cup could be pleasant." Yunnan Province is also said to be home to the world's oldest cultivated tea tree, some 3,200 years old.

Tea arrived in Japan around the sixth century. Green tea became a staple among cultured people, when Japanese priests and envoys, sent to China to learn about its culture, brought it back to Japan. The Japanese tea ceremony was introduced from China in the 15th century as a semi-religious social custom. The modern tea ceremony developed over several centuries by Zen Buddhist monks.

In the early 17th century, a ship of the Dutch East India Company brought the first green tea leaves to Amsterdam from China and during the 1650's tea appeared publicly in England where it was introduced through coffee houses. It was initially promoted as a medicinal beverage or tonic. By 1750 tea became Britain's national drink. Tea's popularity parallels the increase in importation and sales of sugar as the British preferred sweet tea. From there it was introduced to British colonies in America and elsewhere. In fact, tea became such a mainstay in Britain and was so important that the American Revolution and the two Opium Wars with China were directly triggered by Britain's attempts to control the tea market.

ABOUT THE PLANT

Camellia sinensis is an evergreen plant that grows mainly in tropical and sub-tropical climates. The name *sinensis* means Chinese in Latin. *Camellia* is taken from the Latinized name of Rev. Georg Kamel, (1661-1706), a Czech-born Jesuit priest who was both a prominent botanist and a missionary to the Philippines. Tea plants require at least 50 inches of rainfall a year and prefer acidic soils. Only the top 1-2 inches of the mature plant are picked. These buds and leaves are called *flushes*. A plant will grow a new flush every seven to ten days during the growing season. A tea plant will grow into a tree if left undisturbed, but cultivated plants are pruned to waist height for ease of plucking. Two principal varieties are used: the China plant, used for most Chinese, Formosan and Japanese teas (but not Pu-erh); and the clonal Assam plant, used in most Indian and other teas (but not Darjeeling). Leaf size is the chief criterion for the classification of tea plants. Tea is classified into the Assam type, characterized by the largest leaves and the China type, characterized by the smallest leaves.

A tea's type is determined by the processing which it undergoes. Leaves of *Camellia sinensis* soon begin to wilt and oxidize (the addition of oxygen to a compound with a loss of electrons), if not dried quickly after picking. The leaves turn progressively darker as their chlorophyll breaks down and tannins (astringent, bitter plant polyphenols) are released. This process is called *fermentation* in the tea industry. The next step in processing is to stop oxidation at a predetermined stage by heating, which deactivates the enzymes responsible. With black tea, this step is executed simultaneously with drying.

All teas are made from the same species of plant although there are different varieties. The leaves are processed differently, and, in the case of fine white tea, grown differently. There are at least six varieties of tea; white, yellow, green, oolong, black and pu-erh. Tea is traditionally classified based on the techniques with which it is produced and processed.

White tea: Young tea leaves from the *Camellia Sinensis* plant are carefully plucked before the buds have fully opened. The buds are covered with silver fuzz that turns white when they are steamed and dried, which is how some say white tea got its name. The tea is made with leaves that are processed in a manner to let them wilt slightly and lose the "grassy" taste of green tea, while undergoing minimal oxidation. Rather than being air-dried, white tea leaves are steamed, which allows the tea to lose the "grassy" taste of green tea. This process keeps the leaves closer to their natural state thereby increasing the tea's polyphenols which are known to promote health and well-being. Place about 1.5 teaspoons of white tea in a 6 oz cup, cover with 180°F water (not boiling) and steeped for 2 to 3 minutes. Many tea connoisseurs choose to brew this tea for much longer, as long as 10 minutes on the first infusion, to allow the delicate aromas to develop. Finer teas expose more flavor and complexity with no bitterness. Lower grade teas do not always stand this test well and develop bitter flavors or tannins. On successive brews white teas produce three very good brews and a fourth that is



passable. Extend the time by several minutes per brewing. The third brew may require as long as 15 minutes to develop well. Temperature is crucial: if it is too hot, the brew will be bitter and the finer flavors will be overpowered.

Yellow tea: Yellow tea is a rare variety of tea which is slowly gaining recognition in Western countries. Because the process of making proper yellow tea is tedious and time-consuming, this variety is the least produced and probably the least known of the teas. It is produced only in China, where it has long traditions. As the name suggests, yellow tea has a yellow, golden appearance, both as unused tea leaves and as the finished, brewed tea. The leaves are harvested earlier in the spring, and they are not cut or ground. While green tea is very lightly fermented (or more correctly, oxidized), yellow tea is oxidized for slightly longer, and in several steps. This tea goes through a slow drying phase, where the damp tea leaves are allowed to sit and yellow. Despite the color, it has the same antioxidant content as green tea, but lacks the strong "grassy" taste disliked by some. The tea generally has a very yellow-green appearance and a smell that is sometimes mistaken for black especially if the tea has been cured with other herbs. Yellow tea is brewed using water that should not be hotter than 180°F. Use one tablespoon of loose tea leaf for six ounces of water, and steep for a minute or two. Yellow tea can easily take multiple infusions, so that the second steeping may also only last for a minute, the third should last a bit longer etc. As is also the case with green and white teas, yellow tea does not have a long shelf life. The tea will tend to oxidize and be less desirable if left unused for more than a few months.



Green tea: This tea undergoes minimal processing and slow drying to help maintain the leaves' natural oils and antioxidant properties, as well as giving the tea its subtle flavor. Green tea is recognized for its natural health-promoting properties. Water for green tea, according to most accounts, should be around 176° to 185 °F. Hotter water will burn green-tea leaves, producing a bitter taste. It is thought that excessively hot water results in tannin chemical release, which is especially problematic in green teas as they have higher contents of these. Preferably, the container in which the tea is steeped, the mug, or teapot should also be warmed beforehand so that the tea does not immediately cool down. Steeping time can be as long as 2-3 minutes or as short as 30 seconds. In general, lower quality green teas are steeped hotter and longer, while higher quality teas are steeped cooler and shorter. The brewing technique also plays a very important role to avoid the tea developing an overcooked taste. High-quality green and white teas can have new water added as many as five or more times, depending on variety, at increasingly high temperatures. The following are some familiar green teas found in the USA.



1. **Longjing tea or Dragonwell** is a famous variety of green tea from Hangzhou (hǎngjī), Zhejiang (jǔ'jyǎng') Province, China where it is produced mostly by hand and has been renowned for its high quality, earning the China Famous Tea title. Longjing is divided into seven grades: *Superior*, *Special*, and then 1 down to 5. Long Jing is often called the national drink of China and is frequently given to visiting heads of state. It is also a favorite tea of today's top leaders, with a portion of production reserved for government customers.
2. **Gunpowder tea** is a form of green Chinese tea produced in Zhejiang (jǔ'jyǎng') Province of China in which each leaf has been rolled into a small round pellet. It is believed to take its English name from the fact that the tea resembles gunpowder pellets used for cannons. This rolling method of shaping tea is most often applied either to dried green tea (the most commonly encountered variety outside China) or Oolong tea.
3. **Hōjicha** is a Japanese green tea that is roasted in a porcelain pot over charcoal. The tea is fired at high temperature, altering the leaf color tints from green to reddish-brown. The process was first performed in Kyoto, Japan in the 1920s and its popularity persists today. The roasted flavors predominate this blend. Hōjicha is often made from *Bancha* ("common tea"), tea from the last harvest of the season; however other varieties of Hōjicha are made from the twigs of the tea plant rather than the leaves. Hōjicha infusions have a light- reddish-brown appearance, and are less astringent due to losing catechin during the high temperature roasting process. The roasting replaces standard green tea taste with a toasty, slightly caramel-like flavor. The roasting process used to make Hōjicha lowers the amount of caffeine in the tea. Because of its mildness, *Hōjicha* is a popular tea to serve during the meal or after the evening meal before going to sleep and even preferred for children and elderly.
4. **Matcha Tea** - Matcha is made from the freshest, choice hand-picked leaves, and carefully stone-ground into an extremely fine powder. It is one of the healthiest teas you can drink because you're drinking the entire leaf, not just the liquid made from it. In the 12th century a Zen Buddhist monk travelled to China and brought back "matcha" tea to Japan. Though the Chinese first invented it, the Japanese took matcha cultivation to a high art. They began shade growing the tea plant in early spring. Growing the tea plants in shade for a few weeks in spring drove more nutritional content into the leaf, creating a superior matcha. Additionally, the shade growing process increased the chlorophyll content in the leaf, causing the bright, luminescent color characteristic of good matcha. Matcha has recently been compared to other green teas and the nutritional content



is superior, especially the catechin content. Catechins play a major role in many of the health benefits of green tea, from anti-oxidant power, to blood sugar regulation. Matcha is also known to have a high L-theanine (an amino acid derivative) content. L-theanine has been researched and shown to put the brain into alpha state, a relaxed brain wave state associated with feelings of happiness, relaxation and well-being. While there is caffeine in matcha, it is absorbed differently than caffeine in other substances such as coffee. Caffeine in matcha binds to the larger catechin molecules and is released into the bloodstream slowly over time. As your body assimilates the catechin molecules, the caffeine is slowly absorbed. In this way, the catechins act as carrier molecules for caffeine and the caffeine may play a role in the healthy absorption of the catechin anti-oxidants. The caffeine in matcha therefore is 'time-released.' Smaller dosages of caffeine released over longer periods of time can provide sustained energy. Another plus it that this green tea powder can be used in cooking green tea foods including green tea ice cream, biscuits, smoothies, cakes, etc.

- The bamboo whisk, or chasen, is the essential tool needed to make a bowl of matcha. A stalk of bamboo is carefully spliced into 80 to 120 bristles and tied with string by hand. Skilled craftsmanship passed down through generations is needed to make each whisk, as this item cannot be made mechanically even using today's most modern technology. Before each use, rinse the whisk with warm water. This will soften the prongs and prevent brittle ends from breaking off into your tea. To maintain the shape of the whisk, it can be stored on a tulip-shaped celadon whisk holder. To retard the darkening of the tea whisk from repeated use, wipe the tines of the whisk by pinching them with a tissue while it is still wet to remove more tea. Bamboo whisks will need to be replaced from time to time.



- There are two main ways of preparing matcha: thick and thin. A small amount of matcha is placed into the bowl; traditionally using a bamboo scoop called a *chashaku*, then hot water (176 °F) is added. The mixture is then whisked to a uniform consistency, using a bamboo whisk known as a *chasen*. There must be no lumps left in the liquid, and no ground tea should remain on the sides of the bowl. Because matcha can be bitter, a small sweet fruit, like a strawberry is traditionally eaten before the drink is consumed without added milk or sugar. The thin tea, *Usucha*, is prepared with about 1.5 *chashaku* scoops (half a teaspoon) of matcha and approximately 2.5 oz of hot water per serving, which can be whisked to produce froth or not, according to the drinker's preference. *Usucha* creates a lighter and slightly bitterer tea. *Koicha*, or thick tea, requires significantly more matcha, usually doubling the powder and halving the water. A serving would be three heaping *chashaku* scoops (one teaspoon) of matcha and approximately 1.3 oz of hot water per serving, or as many as six teaspoons to 3/4 cup of water. Because the resulting mixture is significantly thicker (about like liquid honey), blending it requires a slower, stirring motion which does not produce foam. *Koicha* is normally made with more expensive matcha from older tea trees (exceeding thirty years) and thus actually produces a milder and sweeter tea than *usucha*; it is served almost exclusively as part of Japanese tea ceremonies.



5. **Sencha** (sen-tcha) is a Japanese green tea, specifically one made without grinding the tea leaves. Unground tea was brought from China after matcha. Some varieties expand when steeped to resemble leaf vegetable greens in smell, appearance, and taste. The process by which sencha is created differs from Chinese green teas, which are initially pan-fired (and could probably therefore more accurately be called "roasted" teas). Japanese green tea is first steamed for between 15–45 seconds to prevent oxidization of the leaves. Then, the leaves are rolled, shaped, and dried. This step creates the customary thin cylindrical shape of the tea. Finally, after drying, the leaves are fired to aid in their preservation and to add flavor. The initial steaming step imparts a difference in the flavor between Chinese and Japanese green tea, with Japanese green tea having a more vegetal, almost grassy flavor (some taste seaweed-like). Infusions from sencha and other green teas that are steamed (like most common Japanese green teas) are also greener in color and slightly bitterer than Chinese-style green teas. Sencha is very popular in Japan, and is drunk hot in the cooler months and usually chilled in the summer months.



Oolong Tea, also referred to as wu-long, is a fruity, fragrant brew that features a blend of green and black tea characteristics. This tea is a mix of the fresh, mellow taste qualities of green teas and the rich aroma of black teas. Oolong tea is semi-fermented or semi-oxidized. While black tea undergoes extensive fermentation, and green tea minimal withering and oxidation, the processing for oolong falls in between these two varieties. Oolong tea leaves are processed in two different ways. Some teas are rolled into long curly leaves, while some are pressed into a ball-like form. It is among the most popular types of teas served in typical Chinese restaurants. Oolong has a taste more akin to green tea



than to black tea: it has neither the rosy, sweet aroma of black tea nor the stridently grassy aromas that typify green tea. It is commonly brewed to be strong, with the bitterness leaving a sweet aftertaste. Studies suggest that oolong tea's antioxidant properties support wellness, facilitate weight loss, and protect against signs of aging.

Black Tea: Black tea is the most widely consumed tea in the world. Enjoyed both hot and over ice, this rich, flavorful beverage features a deep reddish-brown hue. After harvesting, the tea leaves are withered by blowing air on them. They are then rolled and cooled, which enables the natural juices to emerge – and the leaves to darken. Finally, heat and humidity is applied to the tea leaves. This determines the quality of the tea. Since oxidation begins at the rolling stage, the time between these stages is a crucial factor in determining the quality of the tea. Next the leaves are dried to arrest the oxidation process and seal in the flavor and aroma. Finally the leaves are sorted and graded. While green tea usually loses its flavor within a year, black tea retains its flavor for several years. About a teaspoon of black tea should be used per 6 oz cup. Black tea should be steeped in freshly boiled water. The more delicate black teas, such as Darjeeling, take 3 to 4 minutes to steep. The same holds for broken leaf teas, which have more surface area and need less brewing time than whole leaves. Whole leaf black teas, and black teas that will be served with milk or lemon, should be steeped 4 to 5 minutes. Longer steeping times make the tea bitter. When the tea has brewed long enough to suit the tastes of the drinker, it should be strained while serving.



Generally, unblended black teas are named after the region in which they are produced. Often, different regions are known for producing teas with characteristic flavors. Below are several well-known varieties found in the USA.

1. **Darjeeling** (dar-gee-ling) tea, from the Darjeeling region in West Bengal, India, has traditionally been prized above all other black teas, especially in the United Kingdom and the countries comprising the former British Empire. When properly brewed it yields a thin-bodied, light-colored liquid with a floral aroma. A sweet cooling aftertaste should be felt in the mouth. Although Darjeeling black teas are marketed commercially as "black tea", almost all of them have incomplete oxidation and thus these teas are technically more Oolong than black.
2. **Assam** black tea is named after the region of its production, Assam, India. Assam is the world's largest tea-growing region. This tea, most of which is grown at or near sea level, is known for its body, briskness, malty flavor, and strong, bright color. Assam teas, or blends containing Assam, are often sold as "breakfast" teas. English Breakfast tea, Irish Breakfast tea, and Scottish Breakfast Tea are common generic names.
3. **Ceylon** black tea is produced in Sri Lanka (formerly Ceylon). It has a strong yet light taste with tones of crisp citrus. Sri Lanka is renowned for its high quality tea and is the fourth biggest tea producing country globally, after China, India and Kenya.

Black tea is often blended and mixed with various other plants in order to obtain a beverage. In the United States, citrus fruits such as orange or lemon, or their respective rinds, are often used to create flavored black teas, sometimes in conjunction with spices (such as cinnamon). These products can be easily confused with citrus-based herbal teas, but the herbal products will generally be labeled as having no caffeine; whereas, the tea-based products do contain caffeine. The following recognizable names are teas that are considered blends:

1. **Earl Grey** is black tea with bergamot oil. Bergamot is a small acidic orange. Earl Grey can be used as a flavoring for cakes, chocolates, and savory sauces. For sauces, the flavor is normally created by adding tea bags to the basic stock, boiling for a few minutes and then discarding the bags. For sweet recipes, loose tea is often added to melted butter and strained after the flavor is infused. Earl Grey tea was named after Charles Grey, the second earl in his line. He was Prime Minister to King William IV in the early 19th century. The legend is that the Earl was given the recipe by a Chinese mandarin with whom he was friends, and whose life he had saved. This tea has a light refreshing taste, and can be served hot with or without milk or sugar.
2. **English Breakfast** Tea is described as full-bodied, robust, and rich. It is blended to go well with milk and sugar.
3. **Irish Breakfast** is a full-bodied, malty brew. It is typically a blend of several black Assam teas. Due to its strength, Irish Breakfast tea is commonly served with milk, but some prefer to drink it straight or with lemon or sugar.
4. **Masala Chai** is a traditional beverage from India. Chai is the word for tea in many parts of the world and masala means spicy. Delicious and satisfying, masala chai is made with rich black tea (also available with green tea or rooibos), a blend of freshly ground spices (which many include cardamom, cinnamon, orange peel, almonds, rose petals, saffron, cloves and cassia and possibly maple and clove oils), fresh milk, and honey or sugar to taste.



Masala Chai Tea Recipe – Makes 2 small cups.

1-1/2 cups water
1 inch stick of cinnamon
8 cardamom pods
8 whole cloves

2/3 cup milk
6 tsp. sugar (or to taste)
3 teaspoons any

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Put 1-1/2 cups water in saucepan. Add the cinnamon, cardamom, and cloves and bring to a boil. Cover, turn heat to low and simmer for 10 minutes. Add the milk and sugar and bring to a simmer again. Throw in the tea leaves, cover, and turn off the heat. After 2 minutes, strain the tea into two cups and serve immediately

Pu-erh (poo-urr) tea: This tea is a large leaf variety of the tea plant and named after Pu'er county in China. It is well known for the fact that it is a compressed tea and also that it typically ages well to produce a pleasant drink. Through storage, the tea typically takes on a darker color and mellower flavor characteristics. Often *pu-erh* leaves are compressed into tea cakes or bricks, and are wrapped in various materials, which when stored away from excessive moisture, heat, and sunlight help to mature the tea. Pu-erh fits in more than one tea type thereby posing some problems for classification. For this reason, the "green tea" aspect of *pu-erh* is sometimes ignored, and the tea is regarded solely as a post-fermented product. While unaged and unprocessed *raw pu-erh* is technically a type of green tea, *ripened* or *aged raw pu-erh* has occasionally been mistakenly categorized as a subcategory of black tea due to the dark red color of its leaves and liquid. However, *pu-erh* in both its ripened or aged forms has undergone secondary oxidization and fermentation both caused by organisms growing in the tea as well as from free-radical oxidation, thus making it a unique type of tea. Unlike other teas that should ideally be consumed shortly after production, *pu-erh* can be drunk immediately or aged for many years; *pu-erh* teas are often now classified by year and region of production much like wine vintages. It is also often used medicinally. Drinking pu-erh tea is purported to reduce blood cholesterol. This belief has been backed up by scientific studies discovering specific mechanisms through which chemicals in Pu-erh tea inhibit the synthesis of cholesterol.

Preparation of *pu-erh* involves first separating a well-sized portion of the compressed tea for brewing. This can be done by flaking off pieces of the cake or by steaming the entire cake until it is soft from heat and hydration. A *pu-erh knife*, which is similar to an oyster knife or a rigid letter opener, is used to pry large horizontal flakes of tea off the cake such as to minimize leaf breakage. Optimum temperatures are generally regarded to be around 203 F for lower quality *pu-erhs* and 185-194 F for good ripened and aged raw *pu-erh*. Steeping times last from 12–30 seconds in the first few infusions, up to 2–10 minutes in the last infusions. Because of the prolonged fermentation in ripened *pu-erh* and slow oxidization of aged raw *pu-erh*, these teas often lack the bitter, astringent properties of other tea types, and also can be brewed much stronger and repeatedly, with some claiming 20 or more infusions of tea from one pot of leaves. On the other hand, young raw *pu-erh* is known and expected to be strong and aromatic, yet very bitter and somewhat astringent when brewed, since these characteristics are believed to produce better aged raw *pu-erh*.



Jasmine tea: The basic principle is simple. Tea leaves absorb smell, and flowers emit them. Why not put the tea leaves side by side with the flowers, and let the leaves become scented? Then the scenting process is complete, remove the flowers and oven-dry the tea leaves. There you are - a jasmine scented tea! So, a jasmine tea is any tea that has been scented using jasmine flowers. This means the tea comes in a large number of varieties. Green tea, white tea, oolong tea, pu-erh tea - you name it, it exists. However, this doesn't mean that jasmine scent is compatible with all types of tea. It is most compatible with green tea, followed by oolong tea, then black tea.

Blooming tea: Making blooming tea, also called flowering tea, is an art form that is created by hand-sewing quality tea and flowers together in a predetermined way to create a tea bundle or ball. When immersed in a glass teapot or clear vessel filled with properly heated water, the tea bundle slowly unfurls and transforms into floral artistry. Then, the tea is ready to be served and enjoyed. To prepare, place one piece of blooming tea into a glass teapot. Pour on boiling water to heat the teapot and then pour this away. Again pour on boiling water to fill the teapot. Steeping for 3-6 minutes, the tea leaves will slowly open like a blooming flower and as the leaves relax completely, the flowers inside will come out. Then it is ready to enjoy. The tea can be refreshed several times by adding more water as needed, from 5 to 10 times depending on the variety. Flowering teas are fragrant, aromatic teas that do not tend to get bitter with extended steeping. Flowers commonly used in flowering teas include globe amaranth, chrysanthemum, jasmine, lily, and hibiscus. It remains uncertain whether flowering tea is a relatively recent, or much older, creation. Blooming teas come in many formations and colors. The bundles make wonderful gifts for any occasion and are a visual treat when entertaining.



Rooibos (roy-bos) tea: The term “red tea” refers to an infusion made from the South African rooibos, plant which contains no *Camellia sinensis*. This flavorful, robust herbal infusion features a distinctive red hue and a sweet and slightly nutty taste. Rooibos tea is prized for its great flavor and wellness benefits derived from the infusion's antioxidants, minerals and vitamins. Rooibos is purported to assist with nervous tension, allergies and digestive problems. In South Africa it is common to drink rooibos tea without milk, but instead with a slice of lemon and sugar or honey to sweeten. Rooibos does not become bitter when steeped for a long time. Unlike some higher quality oolong or green teas, rooibos is often only good for a very limited re-steeping as there is a sharp drop off in brewing after the first infusion. Rooibos makes a wonderful iced tea. The leaves of Rooibos tea are very small once processed, yet can withstand almost boiling temperatures. When you brew Rooibos, you can follow the same procedure you normally would when brewing black or oolong tea; save the fact you let it steep about 2 minutes longer, 5-8 minutes.



Yerba mate: "Yerba mate" literally means the "cup herb." In South America, yerba mate, a tisane, is popular. It is a species of holly native to subtropical South America in northeastern Argentina, Bolivia, Paraguay and southern Brazil. Yerba Mate is hand harvested after 4 years and is naturally aged for 12 months. The infusion called mate is prepared by steeping dry leaves (and twigs) of yerba mate in hot water, rather than in boiling water like black tea. Drinking mate with friends from a shared hollow with a metal straw is a common social practice in many South American countries and the Mid-East. The flavor of brewed yerba mate is strongly herbal and grassy, reminiscent of some varieties of green tea. Some consider the flavor to be very agreeable, but it is generally bitter if steeped in boiling water. Simply measure a 3T portion and splash with cool water to help preserve nutrients, then steep in hot (but not boiling) water for 3-4 minutes. Some folks add honey or a splash of lemon!



Herbal tea: The term “herbal tea” usually refers to an infusion or tisane of leaves, flowers, fruit, herbs or other plant material that contains no *Camellia sinensis*. Fruit and herbal infusions look like tea and are brewed like tea. Yet, they are not derived from the *Camellia Sinensis* plant from which black, oolong, green and white teas are made. Rather, tisanes are made from special mixtures of fruits, dried leaves, flowers, herbs, or other botanicals that give them their delicious flavor and contribute to an array of reported health benefits.



Peppermint Herbal Tea Recipe - this blend will ease an upset stomach as well.

8 oz peppermint leaves

8 oz lemon balm leaves

8 oz fennel seeds

Mix the herbs thoroughly, and store in an air tight container. For a cup of tea, use 1 tsp in a cup of boiling water. Steep for 10 minutes and strain out the herbs.

Chamomile Tea Recipe - a soothing, calming drink to help relieve insomnia

1 cup of water

1 teaspoon of dried chamomile flowers

lemon juice & honey



- Bring the water to the boil saucepan.
- Sprinkle the flowers onto the water and boil for a further half a minute with the saucepan lid on.
- Remove from the heat and stand for another minute.
- Serve with honey and a little lemon juice.

GENERAL INFORMATION

1. The traditional method of making a cup of tea is to place loose tea leaves, either directly, or in a tea infuser, into a tea pot or teacup and pour hot water over the leaves. After a couple of minutes the leaves are usually removed again, either by removing the infuser, or by straining the tea while serving.
2. Almost all teas in bags and most other teas sold in the West are blends. Blending may occur in the tea-planting area (as in the case of Assam), or teas from many areas may be blended. The aim is to obtain better taste, higher price, or both, as a more expensive, better-tasting tea may cover the inferior taste of cheaper varieties.

3. Dry tea has more caffeine by weight than coffee; nevertheless, more dried coffee is used than dry tea in preparing the beverage, which means that a cup of brewed tea contains significantly less caffeine than a cup of coffee of the same size.
4. India was the top producer of tea for nearly a century, but was displaced by China as the top tea producer in the 21st century. While India is the largest consumer of tea worldwide, the per-capita consumption of tea in India remains a modest 1.7 lb per person every year.
5. The best temperature for brewing tea depends on its type. Teas that have little or no oxidation period, such as a green or white tea, are best brewed at lower temperatures, between 149 and 185 °F, while teas with longer oxidation periods should be brewed at higher temperatures around 212 °F. A rolling boil is when there are so many bubbles being produced, that stirring the water has no effect. Before that point, bubbles may be appearing, but they are easily dispersed by stirring. Just before it reaches this point, pour a little into your teapot, and swirl it around a little to warm it up. Allow the water to cool down a little before adding it to delicate teas.
6. Some teas are brewed several times using the same tea leaves. Historically, in China, tea is divided into a number of infusions. The first infusion is immediately poured out to wash the tea, and then the second and further infusions are drunk. The third through fifth are nearly always considered the best infusions of tea, although different teas open up differently and may require more infusions of hot water to bring them to life.
7. One way to taste a tea, throughout its entire process, is to add hot water to a cup containing the leaves and after about 30 seconds to taste the tea. As the tea leaves unfold they give up various parts of themselves to the water and thus the taste evolves. Continuing this from the very first flavors to the time beyond which the tea is quite stewed will allow an appreciation of the tea throughout its entire length.
8. The Japanese tea ceremony, also called the Way of Tea, is a cultural activity involving the ceremonial preparation and presentation of matcha, powdered green tea. In Japanese, it is called chado (sado). Zen Buddhism was a primary influence in the development of the tea ceremony.
9. The strength of the tea should be varied by changing the amount of tea leaves used, not by changing the steeping time. The amount of tea to be used per amount of water differs from tea to tea but one basic recipe may be one slightly heaped teaspoon of tea for each teacup of water (8 oz). Stronger teas, such as Assam, to be drunk with milk are often prepared with more leaves, and more delicate high grown teas such as a Darjeeling are prepared with a little less.
10. Teas can be paired with foods like wine. Here are a few suggestions:
 - Green tea with honey and lemon – Vegetarian and seafood dishes (Example: Salmon, broccoli, & small potatoes)
 - Chai tea brewed with $\frac{3}{4}$ cup of boiling water for 4 minutes and add $\frac{1}{4}$ cup milk – Great with desserts light or rich
 - Herbal tea, choose fruity blend – Light lunches (Example: Panini with fries)

TEA FOR HEALTH

1. Green tea may be used to soothe insect bites and to slow bleeding from cuts.
2. Cold, wet teabags make a soothing poultice for sties or tired eyes.
3. Studies show that tea slows aging, causes less stomach cancer in women and helps combat depression.
4. Herbal teas like chamomile are relaxing and helpful in achieving a good night's sleep and peppermint or ginger which soothes an upset stomach.
5. Some herbal teas are good for alleviating flu and cold symptoms. Look for the following: Vitamin C (antioxidants), Zinc (good for the immune system and sore throats), Echinacea (helps build immunity), Eucalyptus (for chest congestion and sore throats), Licorice Root (helps digestion and sore throat, Chamomile (to help with sleep) and Valium (also a sleep aid).
6. To improve stomach health, look for peppermint, chamomile and fennel.
7. Blood pressure can be improved by drinking an herbal tea that contains hibiscus.
8. If you feel run down, ginseng is the herb of choice in your tea.
9. Toxins in your body can be caused from caffeine, smoke, alcohol, poor air quality and food additives. These give your immunity system a real challenge. Milk thistle has been used for centuries to help cleanse the body by

supporting the liver. Echinacea, dandelion root, sarsaparilla root, and red clover are also good choices for immunity enhancement. Typically a tea designated as "Detox" has many of these herbals for improving health.

10. For improving sleep try teas with spearmint, lemon grass, chamomile and/or valium (which has mild sedative properties).
11. Tea leaves contain more than 700 chemicals, among which the compounds closely related to human health are flavonoids, amino acids, vitamins (C, E and K), caffeine and polysaccharides.
12. Tea plays an important role in improving beneficial intestinal microflora, as well as providing immunity against intestinal disorders and in protecting cell membranes from oxidative damage.
13. Tea is said to prevent dental cavities due to the presence of fluorine.
14. The role of tea is well established in normalizing blood pressure, prevention of coronary heart diseases and diabetes by reducing the blood-glucose activity.
15. Tea also possesses germicidal activities against various human pathogenic bacteria.
16. Green, yellow and black tea infusions contain a number of antioxidants. Antioxidants are chemical compounds that are known for their beneficial effects on health. Among other things, they are believed to have anti-cancer properties, to help prevent cardiovascular diseases and diabetes, to promote mental alertness and even prolong life, among other claims.

ABOUT CAFFEINE

Did you know that caffeine: occurs naturally in plants to ward off insects, is the world's most popular drug, is an antioxidant and also is used in treatment of pain, migraines, asthma and weight loss, has been proven to raise your IQ in tests, improves alertness and combats depression and fatigue, and in moderate amounts relaxes and creates a state of "tranquil energy", and does so safely, throughout your life?

There are some people that are sensitive to caffeine and would like to avoid it. The following information may make you more comfortable about the caffeine in tea. The amount of caffeine in tea or coffee depends on a number of factors, including the variety of tea leaf or coffee bean, where it is grown, leaf size, or "grind" of coffee and the method and length of brewing or steeping. Even the water temperature is a factor, with hotter water bringing out more caffeine. Fermentation is also a factor, the longer the tea leaves have been fermented, the greater their caffeine content. All these factors contribute to the reasons why the reported caffeine content in published literature is somewhat varied.

A true tea (*camellia sinensis*) contains a small amount of naturally occurring caffeine. A good rule of thumb is the lighter the tea, the shorter the brewing time, the less caffeine. For those individuals that like the "pick-me-up" of caffeine, you will find it in a good tea, but you will not experience the usual edginess one experiences with coffee.

There is approximately 1/3-1/2 less the amount of caffeine in a cup of tea vs. a cup of coffee. Coffee contains less caffeine than tea when measured in its dry form; however, the caffeine content of a prepared cup of coffee is significantly higher than that of a prepared cup of tea. There is also a common misperception that decaffeinated tea does not contain caffeine, decaffeinated tea still contains about 3% of its original caffeine content.

Since nearly 80% of caffeine is extracted in the first 30 seconds of steeping, a method to reduce the caffeine is to pour off the water after 45 seconds of steeping. Discard the liquid, and then add more water to the same leaves for a second brewing for the usual amount of time.

TEAPOTS AND KETTLES – Never put teapots or kettles into a dishwasher or soapy water. Remaining soap residue may contaminate the tea.

Tetsubin are Japanese cast iron pots which have a pouring spout and a handle crossing over the top. It is used for boiling and pouring hot water over tea. Cast ironware heats evenly and retains heat well. Because iron is released into the water, the water is appreciated as a dietary source of iron. *Tetsubin* traditionally are heated over a charcoal fire. They can be found in many colors and are often elaborately decorated with relief designs on the outside. They range widely in size, and many have unusual shapes, making them popular with collectors. A relatively small *tetsubin* may hold around 2 cups of water; large ones may hold around 21 cups. It is recommended that the teapot be filled up to only 75% of the total volume as water tends to spill over while boiling. Today's *tetsubins* are generally glazed with enamel on the inside and often come with a tea strainer, both features added in order to make brewed tea.

Care instructions

How to use a *Tetsubin* teapot properly:

1. Before using your teapot for the first time:
 - thoroughly rinse the teapot with hot water
 - while the pot is still warm, dry the teapot inside and out with a dry cloth

- then leave off the lid of the teapot so that the inside can be well aired
2. When using your teapot always do the following:
- never heat over an open flame - when using a hotplate, keep at a low temperature
 - never use in a microwave oven
 - do not use any soap product to clean the teapot, use clean water ONLY
 - do not leave any tea or water in the pot and dry thoroughly after each time you use it
 - always wipe the outside with a dry cloth while the pot is still warm
 - in Japan the natural mineral layer buildup inside a tetsubin is considered to be good for the health and helps to prevent rust from forming inside
 - avoid contact with salt or oil
 - never suddenly cool the teapot when it is still warm
 - if the inside of the teapot is enamel coated, use kitchen utensils that do not scratch the enamel

By these directions, you will be assured of years of enjoyment from this teapot.

Electric Kettles have been around for a long time. In tea drinking countries they tend to be more popular, but with the rise in tea drinking in the United States, the electric kettle is gaining popularity. Many of the early electric kettles were made of ceramic, with an exposed element. You had to watch them or they would boil dry. The newest generation, though, are made of plastic, glass or stainless steel. Electric kettles boil water more quickly than microwave ovens, and automatically switch off (unlike stove-top kettles). They use a docking station base to connect to the electrical mains. The kettle can be easily disconnected for serving by lifting the kettle off the base. Bases that connect back to the kettle at any angle (360 degree bases) are more convenient than bases that need to be aligned in a specific direction to dock with the kettle. Cordless kettles have a water capacity range of 2 to 4 quarts (8 to 16 cups).

Desirable features

1. Automatic shut off after boiling.
2. Boil-dry protection.
3. Power-on indicator light.
4. On/off power switch.
5. Concealed heating element, for easy cleaning.
6. Lids should open wide enough for easy refilling and cleaning (a hand should be able to fit through easily). Hinged lids sometimes don't open wide enough. Whatever the design, the lid should stay firmly in place.
7. Low minimum water level (1 or 2 cups) to allow boiling of small amounts of water.
8. Watts range from 1000 to 1500, boiling a full kettle in 5 to 10 minutes.
9. Water level indicators are popular, but not strictly necessary. A narrow window shows the water level, often with a red ball floating on top. Unfortunately the seams can leak (especially on stainless steel kettles). They can also trap dirt. Almost all are made out of plastic, even those in stainless steel kettles. Anyone avoiding plastic kettles for health reasons should also avoid water level windows.

Plastic

- Cheap
- Light weight
- Insulated. Less hot to the touch.
- Keeps water warm.
- Some may give off a plastic smell that leaches into the boiled water. The plastic smell should disappear after a few uses but sometimes it doesn't.
- Despite assurances from authorities that plastic is safe; some people may still prefer to avoid plastic for health reasons. A simple solution is to choose a glass or stainless steel kettle.

Glass - are less common but are available.

- Taste-neutral.
- Water level and boiling progress can be easily seen.
- Difficult to find in stores.
- Heavy.
- Likely to contain some plastic parts.
- Fragile.

Stainless

- A stainless steel kettle has the element built into the base, which makes the kettle easier to clean and prolongs the life of the element.
- Strong and durable, especially the seamless models. Seamless one-piece stainless steel kettles are more reliable (less chance of leaking) and are easier to clean (no seams to trap dirt).
- Hot surface can be dangerous, unless a double-walled model is used. Double-walled stainless steel kettles (sometimes called "cool touch") are safer as they are insulated and will not burn skin as easily if accidentally touched.
- Some are heavy
- Can leave a metallic taste in the water if water is reboiled or left too long in the kettle.
- Stainless steel kettles aren't embroiled in any health safety controversies. However many do have plastic parts that contact the water in the kettle: the lid, water level window, maximum water level mark.

In Summary the Best Cordless Electric Kettle - should be seamless stainless steel, have a simple unhinged lid, and shouldn't have a water level indicator.

Finally, according to the internet, here is the list of 7 best electric tea kettles in the US:

- Proctor Silex K2070 1-Quart Automatic Electric Kettle; \$15.99; Plastic
- T-Fal BF6520004 Vitesse 1.7L Electric Kettle; \$69.99; Plastic
- Capresso H2O Plus Glass Water Kettle; \$100.00; Glass
- Aroma AWK-115S 1-1/2-Liter Hot H2O X-PressWater Kettle; \$30.99; Stainless steel
- Breville SK500XL Ikon Cordless 1.7-Liter Stainless-Steel Electric Kettle; \$99.99; Stainless steel
- Chef's Choice 677 Cordless Electric 1-3/4-Quart Teakettle; \$49.99; Stainless steel
- Chef's Choice 685 International Deluxe Cordless Electric Teakettle; \$79.99; Stainless steel

MAKING GOOD TEA

1. First start with cold, great tasting, water. If your tap water does not taste good, then use filtered or bottled water. (Use cold water because a typical hot water heater will often add contaminants and reduce the amount of oxygen in the water, which is needed for flavor extraction).
2. Then bring the desired amount of water to a rolling boil. (Do not boil the water for a long period of time because this too will deplete the water of oxygen).
3. Put approximately 1 tsp. of tea leaves per 6-8 oz. of water into a **pre-heated** pot or cup (pre-heating will allow the tea to steep at the proper temperature). The Teeli® Tea Brewing Basket is recommended for holding your loose tea. The cylindrical basket-shape of the Teeli-best filter permits effective steeping with ample room for the tea leaves to expand. The filter fits perfectly into regular mugs and small (4 cup) teapots. Each filter comes with its own lid and is dishwasher safe.
4. Then add hot water according the chart below for the type of tea you are brewing. Please note that these are general guidelines. If your tea container has brewing instructions follow those as they are probably ideal for that specific tea.



WATER TEMPERATURE

- The water temperature does not have to be exact. The main thing to remember is to not use boiling water for Green or White teas. They will burn and create bitter flavors.
- A good way to guess at the water temperature without a thermometer is to bring the water to a boil, and wait about 30 seconds (for white tea) or 60 seconds (for green tea) before pouring over the leaves.

STEEP TIMES

- The amount of time that the tea steeps will determine its strength. Try different teas at varying strengths. When you buy a new tea, taste a spoonful every minute as it is steeping. This way you can determine the strength that you like best.
- Let the first cup steep until it's either too strong or you notice bitter elements that are unpleasant. Then take note of when the tea tastes best to you and write it on the package. Besides, who can tell you how you like your tea better than you!
- When using a teabag, pour ½ of the cup with correctly heated water, let steep and about 15 seconds before the ending time finish filling the cup with the heated water. Gently squeeze the teabag.

Type	Water Temp.	Steep Time	Infusions
White Tea	149 to 158 °F	1–2 minutes	3
Yellow Tea	158 to 167 °F	1–2 minutes	3
Green Tea	167 to 176 °F	1–2 minutes	4-6
Oolong Tea	176 to 185 °F	2–3 minutes	4-6
Black Tea	210 °F	2–3 minutes	2-3
Pu-erh Tea	203 to 212 °F	Limitless	Several
Herbal Tea	210 °F	3–6 minutes	Varied
Rooibos Tea	210 °F	5–8 minutes	1-2
Yerba Mate	167 to 176 °F	3–4 minutes	3-4

These steeping times are only approximate, and you should adjust them depending on your own personal tea taste. Though most teas will produce a decent cup if you steep them all in boiling water, many of the finer teas will do much better at lower temperatures. Green and white teas, for example, are more delicate and you get more flavor if you brew in slightly cooler water.

Recognized Brands of Western Teas

Bigelow is an American tea company based in Fairfield, Connecticut. The company was founded by Ruth C. Bigelow in the late 1940s, based on a recipe she marketed as "Constant Comment" tea. Bigelow is still a 100% family-owned business¹ that markets over 50 varieties of tea, including black, green and herbal teas, all of which are still blended in Fairfield. They also own America's only tea plantation, in Charleston, South Carolina. Although still a privately held company, in 2009 their annual sales were reported to be about \$90 million and they have 350 employees.

Celestial Seasonings is a tea company based in Boulder, Colorado, United States that specializes in herbal tea but also sells green and black tea (as well as white and oolong blends). They account for over \$100,000,000 in herbal tea blends sales in the United States annually. All of their teas are certified kosher and all-natural, and many are certified organic as well.

Stash is a privately-held tea company headquartered in Tigard, Oregon, a suburb of Portland. Stash Tea originally operated out of an old Portland Victorian style house, supplying loose herbal teas and bulk herbs to natural food stores. Starting in 1972, the company broadened its focus to include bagged teas and then began to sell a full line of traditional, specialty blend and herbal teas directly to fine restaurants and through a mail order catalog to consumers. In 1993, Stash was acquired by Yamamotoyama Tea Company. Today, Stash Tea is enjoying steady growth and has become one of the largest specialty tea companies in the United States, with products available through foodservice, grocery stores, tea and coffee shops, club stores, mass merchandisers, natural foods stores, mail order and the Internet. It has a mail order catalog with more than 200 teas.

Twinings - The founder of Twinings, Thomas Twining, opened the first known tea room, at 216 Strand, London, in 1706, still operating today. The firm's logo, created in 1787, is one of the world's oldest in continuous use. Holder of a Royal Warrant, Twinings has been owned by Associated British Foods since 1964. Twinings sells a variety of regional and flavored teas such as Lady Grey and Darjeeling, as well as infusions, coffee, and hot chocolate. It is generally accepted that the company was the first to blend Earl Grey in Britain during the premiership of Charles, 2nd Earl Grey, although this is disputed by rival tea merchants Jacksons of Piccadilly, which is owned by Twinings.

Better Quality Teas

Choice Organics has a firm belief in organics, with a dedication to ensure the ethical treatment of workers who cultivate tea, and a team of dedicated employees at Choice Organic Teas, has made the company a modern day tea pioneer. The company is located in Seattle, WA, and made its debut in 1989 as an outgrowth of the company founder, Blake Rankin's active involvement in the organic marketplace. As North America's #1 selling exclusively certified organic tea line, they have promoted the growth and development of organic agriculture in tea estates worldwide. In 2000, Choice Organic

Teas became the first tea crafter in the United States to offer Fair Trade Certified™ tea. Choice Organic Teas are manufactured in a certified organic facility where Green-e Certified renewable energy certificates (RECs) from wind power are purchased to offset 100 percent of the facility's electricity.

Good Earth Teas is a tea distributor based in Santa Cruz, California. Founded in 1972 under their parent company Fmali Herb Company, it was originally one of the first American herbal tea companies during the early 1970s. In the late 1970s it began to develop trademark teas for Good Earth Restaurants, and launched Good Earth teas in tea bag form to the California grocery market in 1988. Good Earth was acquired by Tetley US Holdings Limited in October 2005, and is a subsidiary of Tata Tea Limited. Good Earth produces over 40 different blends of tea, and is known for its richer tasting blends. All Good Earth grocery blends are available in all-natural and organic varieties.

Mighty Leaf Tea Company is a specialty tea manufacturer and distributor based in San Rafael, California. Known for pioneering the whole leaf tea pouch filled with whole tea leaves, herbs and fruits, Mighty Leaf Tea was founded by husband and wife team Gary Shinner and Jill Portman in 2000. The company's signature whole leaf blends come wrapped in handcrafted silken and award-winning biodegradable tea pouches. The eco-friendly tea pouches are stitched with unbleached cotton and without glue or staples. The company played an integral role in introducing the innovative whole leaf tea pouches to the foodservice and retail sales channels. Mighty Leaf's unique design combines the easy-to-use functionality of traditional tea bags and the quality of loose tea.

Numi Tea was founded by a brother and sister team - Ahmed and Reem Rahim - in the fall of 1999, in Oakland, California, and have been transforming the tea industry ever since. After observing that competing brands in the U.S. tea market differed little from one another in quality, consistency, and selection, they created a company whose hallmark is super premium, organic full leaf teas and herbal teasanes, all made without the use of any oils, flavorings or tea dust.

Tazo Tea was founded in 1994 by Steve Smith, along with his business partners Stephen Lee and Tom Mesher. Lee and Smith had co-founded the Stash Tea Company in 1972. Stash was sold in the fall of 1993 to Yamamotoyama, a Japanese tea company. Smith used his corporate connections within the food services industry to convince many restaurants, food stores, and tea houses to carry the new Tazo Teas. Smith approached Starbucks CEO Howard Schultz in 1998, seeking further investment partners. The company was purchased by Starbucks in 1999 for \$8.10 million.

Republic of Tea is a company that markets organic and exotic teas from around the world. The company was founded in 1992 by Mel and Patricia Ziegler with Bill Rosenzweig after selling their interest in the original Banana Republic stores, which the Zieglers co-founded. The Republic of Tea is based in Novato, California, but with its major production factory in Nashville, Illinois. In 1994, the founders sold the company to Ron Rubin under whom the company has grown into a nationally-recognized category leader in specialty tea sales. It was one of the first companies to retail varieties such as red tea, white tea, and tea seed oil to American consumers.

Rishi Tea began in 1997 when Joshua Kaiser, founder and tea buyer, recognized that the traditional handcrafted teas he grew so fond of during his travels in Asia were rarely available elsewhere. Joshua felt that North American consumers would embrace artisan tea. He enlisted a well-traveled and longtime friend Benjamin Harrison as partner. The two, along with help from friends, worked in a 400 square foot windowless space in Milwaukee's Historic Third Ward district, hand-blending original botanicals blends and individually packaging premium teas imported from origins that Joshua frequented. The space was soon outgrown and Rishi Tea moved into the burgeoning Bay View neighborhood. While the production facilities expanded, Rishi Tea preserved its founding principles including unique hand-blending techniques, meticulous hand-packaging and strict quality control. Today, the Rishi team has grown into a passionate group of tea lovers who serve as guides for our customers into the world of premium tea. Rishi Tea was among the first to earn organic certification under the USDA's Natural Organic Program in November of 2002.

Traditional Medicinals - In early 1974, three young friends started Traditional Medicinals® in the back store room of a small herb shop along the Russian River in Northern California. The company was founded with the intention of providing herbal teas for self care, while preserving the knowledge and herbal formulas of Traditional Herbal Medicine (THM). At the time, traditional herbal tea infusions had all but faded away in the United States. And never before had these reliable formulas been available in convenient tea bags. Over the decades that followed, the company introduced millions of health conscious consumers to traditional herbal tea formulas. These reliable natural teas were well received and Traditional Medicinals® has grown dramatically.

Two Leaves and A Bud was started by Richard Rosenfeld, who traveled extensively in Asia and India, but found himself

frustrated by the lack of good tea in North America. He decided to bring great teas to tea drinkers in the USA. *two leaves and a bud tea company* is based in the Roaring Fork Valley of Colorado, just down the road from Aspen.

Yogi Teas - Yogi Bhanan, an Indian spiritual teacher, began teaching Kundalini Yoga in America in 1969. After each yoga class, he served a special spice tea to his students, which they affectionately named "Yogi Tea". The tea was a blend of five traditional Ayurvedic spices: cardamom seed, cinnamon bark, clove bud, ginger root and black pepper. Ayurvedic medicine holds that this combination of spices has unique, healthful properties, so these are still included in many current Yogi Tea formulas. In the 1970's, students of Yogi Bhanan opened Golden Temple Vegetarian Restaurants in the United States, Canada and Europe. Through these restaurants, the first batches of Yogi Tea were sold to the public, and by 1984, the Yogi Tea Company was born. Over the next couple of years, the business grew to nationwide distribution, with three flavors of finely ground spices packaged in teabags. Then in 1988, Yogi Tea's team of herbalists expanded the line to include a number of formulas developed to address specific health needs.

Tea	Caffeine	12 to 16	Hot water	Brew/	Taste
	Per 6oz cup	Oz Pot		Steep time	
White Tea	40mg	2 t	160° - 180°F	3-5 mins	delicate and sweet, with little or no grassy taste
Yellow Tea		1T	160° - 180°F	1-2 mins	flowery, fresh taste
Green Tea	20mg	2 t	160° - 180°F	3-5 mins	slightly sweet or grassy in tone
Match Tea					
Usucha (thin)		1/2 t per 6 oz Cup	140° - 160°F	whisked	lighter and slightly more bitter tea
Koicha (thick)		6 t per 6 oz Cup	140° - 160°F	stir	Koicha produces a sweeter tea & is served almost exclusively as part of Japanese tea ceremonies.
Black Tea	40mg	2 t	212° (boiling)	3-7 mins	taste that ranges from flowery and fruity to spicy and nutty
Oolong Tea	30mg	1 T	180° - 195°F	3-5 mins	mellow taste qualities of green teas and the rich aroma of black teas
Pu-erh tea	varies	a chunk	185° - 195°F	12–30 sec	varies
Herbal or Fruit Tea	0mg	1 T	180° - 195°F	5-10 mins	wide variety of delicious flavors
Rooibos Tea	0mg	1 T	212° (boiling)	5-7 mins	features a distinctive red hue and a sweet and slightly nutty taste
Yerba Mate	0mg	3T	180° - 195°F	3-5 mins	strongly herbal and grassy
Chai Tea	varies	1 T	212° (boiling)	5-7 mins	aromatic, velvety spiced tea that originated in India centuries ago

Cordless Electric Kettle Comparisons

Kind	Brand	Size	Concealed Element	Automatic Shut-Off	Level Indicator	Finish Boiling Bell	Lid	Kettle Size	Weight	List Price	Watts		Other comments
Plastic	Bodum Ibis - 5500-01	7 Cups	no	yes	yes		Hinged Lid	10.4 x 8.7 x 7.3	1.7 lbs	\$48.00			
Plastic	Proctor Silex K2070	4 Cups	no	yes	yes		Security lock	5 x 9.2 x 7.3	1.3 lbs	\$16.00	1000		
Plastic	T-Fal Vitesse	7 Cups	yes	yes	yes		Lock Lid	8 x 11 x 8	2.9 lbs	\$40.00			Temperature Indicator
Glass	Capresso H2O Plus	6 Cups	yes	yes	yes			6.25 x 8.2 x 9	1.6 lbs	\$100.00			Polished Chrome
Glass	Chef'sChoice 679	7 Cups		yes			Push Button Lid	8.5 x 6 x 10.5	3.5 lbs	\$70.00	1500		Power Light
Stainless	Aroma AWK-115S	6 Cups		yes	yes	yes	Hinged Lid	8x8x9 in	3 lb	\$31.00			
Stainless	Breville Ikon SK500SL	7 Cups		yes	yes	yes	Cushion-controlled	8 x 11 x 10	4.2 lbs	\$100.00	1500		
Stainless	Chef's Choice 677	7 Cups	yes	yes	yes		Security lock	9 x 7.5 x 10	3.2 lbs	\$50.00	1500		
Stainless	Chef's Choice 685	5 Cups	yes	yes (delayed)				9.4 x 8.4 x 8	3.2 lbs	\$80.00	1500		
Stainless	Chef's Choice SmartKettle	7 Cups	yes	yes	yes	yes		9.5 x 7.5 x 10.5	3.2 lbs	\$100.00	1500		LED Temperature Indicator
Stainless	Hamilton Beach 40870	10 Cups	yes	yes	yes			8.5 x 9.6 x 9.9	1.4 lbs	\$35.00			Power Light
Stainless	Hamilton Beach Cool Touch	8 Cups	yes	yes			lock lid	8.5 x 10 x 6.75	5 lbs	\$50.00			Cool Touch
Stainless	Hamilton Beach 40886	7 Cups	yes	yes	yes		removable	10 x 9 x 7		\$45.00	1500		