



Tea Steeping Guide

Quality Tea – www.teathnicity.com

Steeping loose leaf tea is easy

1. Start with fresh, good-tasting water.

Fresh water is important to create the perfect cup of tea. It is what brings tea to its full potential. Start things right by using pure, spring, or filtered water for the best flavor of your tea.

2. Fill your kettle with water and heat just short of a boil.

Green or white tea are delicate tea leaves so the temperature can be around **170F**.

Water for black, red, and herbal teas can be heated to a full boil at **208F-212F**.

3. Measure out desired serving.

1 tsp of tea/6oz-8oz of water

4. Select a teapot or tea mug. When water reaches your desired temperature, pour it over the tea infuser into your pot or mug.

5. Time your steeping.

Different teas take different infusing times. Experiment and see what tastes best for you.

White	Short of boil	1-2 min.
Green	Short of boil	2-3 min.
Black	Boiling	3-5 min.
Oolong	Short of boil/boiling	2-4 min.
Red/Herbal	Boiling	4-6 min.

6. Remove the infuser or use a strainer to remove the leaves.

7. Enjoy!

*Something to try:

Try steeping green or white tea at a very low temperature (140F) for a long time. This will bring out a nice gentle flavor with lower caffeine release.