



P.O. Box 553, Princeton Junction, NJ 08850

## TEA BREWING TIME

TEA	WATER TEMPERATURE	STEEP TIME
Green	175 degrees F	1 – 3 mins
White	180 degrees F	3 – 7 mins
Oolong	190 degrees F	3 – 5 mins
Black	195 degrees F	3 – 5 mins
Herbal	200 degrees F	3 – 5 mins
Rooibos	200 degrees F	5 – 8 mins

### BREWING TIPS

- **The Water Source** is very important in achieving the best tasting tea.
- Start with fresh water. Never use water that was previously boiled.
- **Bottled water is preferred.**
- Brewing times may vary depending on the size and type of tea as well as the individual's taste preference. Follow the brewing instructions to ensure you get the best tasting tea.
- Try various brewing times until you get the desired tastes. For stronger teas add more tea.
- **SMALL SIZED TEA BALLS are not recommended** - tea leaves will not have room to expand and you do not get the full flavor of the tea leaf. Upgrade to a larger tea ball or use permanent tea filters that sit in the teacup or teapot. **Disposable tea filters** are available.
- Purchase a good quality tea to ensure your tea experience is the ultimate.

**HOW TO PREPARE** – Use 1 teaspoon of tea per 6-8 oz cup of water.

\* Rooibos – Redbush teas are not as strong as black teas – it may require 1 ½ teaspoons per cup.

\* Some Black teas are strong – use less tea leaves if too strong or add more water when brewing.

**PERFECT CUP OF TEA** – fill a kettle with cold water. While the water is getting hot, fill a teapot with hot tap water to pre-heat it. This will keep the teapot warm for a longer time. **IMPORTANT, do not allow the water in the kettle to come to a full boil, otherwise the oxygen will be released and you end up with a flat tasting tea.** Turn off the kettle right before the water starts to boil.

### Water Temperature is very important.

The rule of thumb: after the water just starts to boil, turn off the kettle and allow the water to cool.

30 seconds for **white** teas, 60 seconds for **green** teas, this will prevent the leaves from scorching and leaving a bitter tasting tea. Green and white tea leaves are more delicate than black tea leaves.

**ICED TEA** – Follow brewing instructions above. (Double the amount of loose tea or teabags per cup if adding ice, to maintain the strength of the tea or refrigerate tea before serving.

**Optional** – Add sugar before chilling.

- **DO NOT USE A COFFEE MAKER TO MAKE TEA** – Tea leaves need to be steeped to obtain the best results.

Questions, please contact us at [teaparty@takingtea-instyle.com](mailto:teaparty@takingtea-instyle.com)