

How to Brew a Great Cup of Loose Leaf Tea!

A great cup of tea starts with high quality loose leaf tea leaves. Make sure your leaves come from a quality tea garden and aren't dust (leftovers after tea has been processed are called "fanning's" or "dust"). Choose your favorite.

Heat water to the temperature recommended for your tea using a convenient hot water heater or a stovetop kettle.

Once water is heated, (see guild below) steep your tea for the recommended time (it varies by tea). Add organic cane sugar, Stevia or honey if you prefer and then pour tea into your favorite tea cup. Enjoy!

Tea Type, Water Temperature, and Steeping Times for Loose Leaf Teas

Tea Type	Water Temp	Steep Time
White	175 – 185	1 – 3 Minutes
Chinese Green	185	3 Minutes
Japanese Green	180	2 – 3 Minutes
Black	206	3 – 5 Minutes
Darjeeling	185	3 Minutes
Oolong (Rolled & Long Leaf)	185 – 206	3 - 5 Minutes
Herbal Infusion/Tisane	206	5 - 7 Minutes
Raw Pu-erh	195	First soak 30 seconds then flush. Steep 3 - 5 Minutes
Half baked & full baked Pu-erh	206	First soak 30 seconds then flush. Steep 3 - 5 Minutes

Picking an Organic or Fair Trade Tea is IMPORTANT.

Organic certification varies depending on the certifying organization, but in general, it requires that tea (or whatever product is being certified) is produced without using synthetic chemicals, including fertilizers, herbicides, and pesticides. Organic certification prohibits the use of GMO's (genetically-modified organisms), and requires that the land has been maintained in a state free of synthetic chemicals for a number of years. The certification includes record keeping requirements to ensure that organic and non-organic materials are kept separate.



Choosing a Fair Trade Tea insures that the local community around the tea estate are working not only for the estate but also for themselves!

Over 90% of what BananaDog purchases are fair trade or organic loose leaf teas. We say, brewing a cup of great tea everyday make you feel better about yourself and our earth!