

BREW'S CLUES:

- The right way to drink tea is *the way you like*. Adjust to your taste to make it your own. Add milk, and sugar, or let your imagination run wild. No wrong answers here.
- Use clean, filtered water (if available).
- The amount of tea brewed will determine its strength. **Don't brew longer**, use more or less tea.
- Allow your tea leaves room to expand (in a tea bag or strainer). It wants to absorb water, so let it.
- Surface area is important to brewing tea. *Smaller leaves will brew faster and stronger*.
- If brewing a tea concentrate for later use, allow the tea to cool to room temperature before refrigeration.
- Does your tea taste bitter, metallic, or astringent? You have most likely over-steeped or used too hot of water. Cool it down next time, and *keep a timer handy*.
- We're not sure if repeatedly dunking your tea bag in your cup helps at all, but it sure is nice to feel like you're contributing.
- Remember your tea while it's cooling...we know...we've all been there.
- Iced tea? Use an extra teaspoon of tea. Brew it with half the water you would normally use and pour over it over ice.

WHITE	Serving Size: 1 tsp Brew Time: 2 mins Water Temp: 175 °F	White tea is known for its delicate woody and floral notes and has the highest level of antioxidants of all tea varieties. White tea also has the lowest caffeine content, so it can be enjoyed consistently throughout the day.
GREEN/ YERBA MATE	Serving Size: 1 tsp Brew Time: 2-3 mins Water Temp: 175 °F	Our antioxidant-rich green tea is a great source of moderate caffeine while also offering anti-inflammatory and digestive benefits. It offers flavors ranging from sweet to grassy, from floral to fresh. Green tea also stimulates awareness and focus while also being calming and uplifting.
OO LONG	Serving Size: 1 tsp Brew Time: 2-3 min Water Temp: 185 °F	Known for its robust flavor, our complex and aromatic oolong tea is perfect for improving energy and boosting antioxidants. Oolong tea also has the ability to be re-steeped up to 3 times and is a gentler alternative to black tea. Each steep provides different flavor nuances.
BLACK/HERBAL/ ROOIBOS	Serving Size: 1 tsp Brew Time: 3-5 min Water Temp: 185 °F	Known for its strong, robust flavor, black tea is perfect for your morning caffeine or an afternoon pick-me-up. Black tea tends to offer floral and malty flavors and has the highest caffeine content. This antioxidant-rich tea also aids in circulatory system efficiency.

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