



## DRINKING TEA BEGINS WITH BREWING TEA

### PREPARING TEA

1. It starts with the water. If the water's fresh, the tea tastes better. We recommend using filtered, spring or bottled water.
2. Fill the kettle with fresh, cold water and heat to a rolling boil. For green and white tea, stop short of boiling to avoid "cooking" the delicate leaves.
3. If using a teapot: Warm the teapot by swirling in a splash of the steamy water and pour it out.
4. Add approximately one teaspoon of tea or herbs or one tea bag per six-ounce cup. Place tea into the infusing basket or teapot.
5. Pour the water over the tea, cover and infuse to taste. We suggest you steep the tea varieties using the following guidelines:

Type of Tea	Full Leaf	Tea Bags
Black Tea	Infuse for 3 – 5 minutes	Infuse for 2 – 4 minutes
Oolong Tea	Infuse for 2 – 5 minutes	<i>Only available in full leaf</i>
Green Tea	Infuse for 2 – 3 minutes	Infuse for 1 - 3 minutes
Red Tea	Infuse for 4 – 6 minutes	Infuse for 3 – 5 minutes
White Tea	Infuse for 2 – 3 minutes	Infuse for 30 – 60 seconds
Herbal Tea	Infuse for 4 – 6 minutes	Infuse for 3 – 5 minutes

Note: Experiment to find your ideal brewing time. Don't over brew, or you'll get bitter, acidic tea.

6. Remove the infuser or tea bag. If using a teapot, pour the tea into a cup or thermos.
7. Enjoy the perfect cup of tea.

### PREPARING ICED TEA

1. Prepare a double strength infusion of hot tea (follow the above instructions). Strain and cool to room temperature. Pour cooled tea over ice.

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