

OCTOBER 2010



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black tea blends

- darjeeling first flush blend** 100g
A consistent blend of high grade first flush Darjeeling teas. \$14.50

- english breakfast** 100g
Full bodied and strong. A perfect cuppa any time of day. \$10.50

- english breakfast organic** 100g
A blend of Assam, Ceylon and Darjeeling broken leaf teas. A lighter style breakfast tea that's great to drink any time of day. \$12.50

- imperial breakfast (new)** 100g
The finest Chinese and Assam teas, containing an abundance of golden tips, are combined to produce this special t leaf T blend. A robust and malty tea with hints of smoke. Takes milk and sweetener well. \$19.50

- irish breakfast** 100g
A strong full flavoured blend of superior small leaf teas. The perfect breakfast companion. \$11.50

- malty breakfast blend** 100g
This t leaf T special blend is simply superb. Add a touch of milk and sugar to bring out its rich malt flavour. \$11.50

- morning tea** 100g
A blend of spring plucked Darjeeling and Ceylon teas. Slightly spicy, fresh and aromatic. \$12.90

- new zealand breakfast** 100g
Natural New Zealand manuka blends perfectly with strong Assam tea to make a special blend ideal for the morning and late afternoon. Milk and sugar can be added to enhance rich malt and slightly pine \$10.50 flavours.

- orange pekoe** 100g
t leaf T's special blend of select Sri Lankan orange pekoes. A beautiful golden liquor, accompanied by bold yet smooth oaky flavours. \$12.50

- russian caravan** 100g
Blended Chinese and Assam teas enhance the slightly smokey flavour. Drink any time of day with or without milk. \$11.90



flavoured black teas

- chai** 100g
Spicy, with tastes of cinnamon, cardamom, cloves, ginger and pepper. Try brewing with milk (or soy) and add a touch of honey. \$11.90

- china rose** 100g
Rose petals are mingled with a superior Chinese black tea base and scented with the delicate fragrance of rose. \$11.90

- christmas tea** 100g
The scent of cloves, vanilla and cardamom break through the flavoursome black tea base. For Christmas, or any time! \$11.90

- cinnamon** 100g
A warming and naturally sweet tea with a spicy cinnamon flavour and fragrance. Delish! \$11.90

- crème brûlée** 100g
Creamy caramel pieces on a black tea base. Tastes like the classic creamy custard dessert. Yummy! \$11.90

- earl grey blue flower** 100g
A classically fragrant bergamot flavoured black tea to enjoy any time of day. \$11.90

- earl grey excelsior** 100g
A blend of superior Yunnan, Ceylon and Keemun teas flavoured with natural bergamot oil. \$14.50

- earl grey organic** 100g
Classic bergamot flavoured organic Ceylon black tea. \$13.90

- fruit of the forest** 100g
Black tea with elderberries, blackberries, raspberry pieces and leaves. \$11.90

- ginger kissed** 100g
Healthy and fresh. Ginger pieces and natural ginger flavouring. \$11.90

- gorgeous grey** 100g
An elegant blend that is lightly scented with quality bergamot and citrus flavours. If you like lady grey you will love gorgeous grey. \$11.90

- jasmine rose fusion** 100g
Black and green teas combine beautifully with jasmine blossoms and rose petals. \$11.90

- love liquorice** 100g
A superior liquorice tea that is simply delicious and said to aid digestion. \$11.90

- mango magic** 100g
The luscious taste of fresh tropical mangos makes it always seem like summer. \$11.90

- mmm... caramel** 100g
This irresistible tea has an addictive taste - a perfect brew for when you want to feel indulged. \$11.90

- monk's blend** 100g
Vanilla pieces, jasmine blossoms and earl grey combined with a mingling of green tea. A must try! \$11.90

- orange (new)** 100g
Black teas from Ceylon, India and China are blended with natural orange flavouring and orange peel. \$12.90

- strawberries and cream** 100g
The oh-so-sweet taste of summer. Black tea with the flavour of delicious strawberries and cream. \$12.90

- summer peach** 100g
A black Ceylon tea base supports a deliciously dry and slightly flowery peach flavour. \$11.90

- sweet lemon** 100g
A sweet, zesty and fresh flavoursome tea with a delicious citrus zing. \$11.90

- turkish delight** 100g
A simply beautiful tea with spectacular aroma and flavour. Serve with your favourite turkish delight. \$11.90
- vanilla vice** 100g
Naturally sweet vanilla makes this classic black tea irresistible. \$11.90

black estate teas | key: assam ceylon darjeeling nepal nilgiri sikkim

- dikom tgfop1** 100g
A well made Assam tea, with a wiry leaf and traditional malty flavour.  \$13.90
- harmutty stgfop1** 100g
A medium bodied well balanced tea with a surprising malty and fruity aroma.  \$16.50
- hazelbank ftgfop1** 100g
Only tender young leaf buds are used for this excellent tea, considered one of the finest in the world. It is strongly aromatic and tastes characteristically malty, making this an essential Assam tea.  \$14.50
- mangalam ftgbop1** 100g
Boasting a superb selection of leaves with lots of golden tips, producing a spicy fruit and malty flavour.  \$20.90
- namdang bp** 100g
This high quality CTC (cut, twist, curl) tea delivers a strong deep coloured infusion that takes milk and sugar well.  \$12.50
- orangajuli tgfop** 100g
A high quality Assam that is tippy for its grade. The bright reddish brew is full bodied and smooth with a sweet, classic malty taste.  \$14.90
- kenilworth op1** 100g
Long wiry leaves give a full bodied copper gold infusion with an exquisite taste. Well rounded, bold and yet smooth.  \$12.50
- pettiagalla op** 100g
A highly aromatic Uva orange pekoe with a golden liquor and rich oaky taste.  \$12.90
- uva highlands bop** 100g
From one of Eastern Sri Lanka's best growing areas comes a strong, dark, well balanced tea with a hint of malt.  \$11.90
- castleton tgfop1 second flush** 100g
A Darjeeling second flush tea with a light and golden liquor and classic astringent, muscatel aftertaste.  \$18.50
- makaibari organic ftgfop1s second flush** 100g
The region's oldest tea estate produces a sweet, rich and full bodied tea with a complex flavour.  \$18.50
- margaret's hope ftgfop1 first flush** 100g
A delicate flowery tea with a clear liquor, a hint of sweet nutmeg and lingering muscatel aftertaste.  \$16.50
- maloom ftgfop** 100g
Pleasant tasting, rich, aromatic and floral. Well balanced colour and flavour with Darjeeling characteristics.  \$18.50
- thiashola sftgfop1** 100g
From Nilgiri region's oldest tea garden; strong yet delicate, slightly lemony with a golden red liquor.  \$12.50
- temi second flush tgfop1** 100g
From Sikkim's tropical wooded valleys in India's Eastern Himalayas; a rare delicate, aromatic and flowery tea with lots of tips.  \$18.50

chinese black teas

- golden monkey** 75g
An aromatic premium Fujian tea, named for its hand processed single leaf and bud with its monkey paw appearance. \$18.50
- keemun** 100g
Named after Anhui province's Qimen county, the highly roasted taste and aromatic red liquor is touted as China's finest black tea. \$12.90
- lapsang souchong** 100g
A famous centuries-old pine smoked Fujian tea; distinctively smooth and rich with a deep smokey aroma and malty finish. \$12.90
- puerh** 100g
Grown in Yunnan province. Aging and double fermentation produce a mild earthy flavour. Said to be very healthy and good for digestion. \$12.50
- yunnan golden tips** 100g
One of the world's most prized Chinese black teas. Smooth, malty and spicy. Slightly floral with a citrus tinge and cocoa aroma. \$13.90

chinese oolong teas

- big red robe** 50g
A famous tea with long dark twisted leaves; the robust rich and fragrant red gold liquor tastes smokey at first, with a rich smooth mellow finish. \$12.90
- buddha's hand** 100g
Large curled blackish-green leaves give a well balanced, lighty citric, astringent yellow liquor with hints of flowers and honey. \$16.50
- ginseng oolong** 120g
A high quality oolong tea, specially blended with ginseng, giving a rich crisp oolong taste with a pleasing aftertaste. \$16.50
- iron goddess of mercy** 100g
This famous Fujian tie kuan yin has attractive large leaves that produce a rich golden, slightly nutty, linger-in-the-mouth taste. \$22.50



formosa oolong teas

- formosa oolong**
Produced from carefully selected leaves, this oolong brews to an attractive amber liquor with a mild sweet flavour. 50g
\$11.50

- tung ting**
One of the world's finest, from Taiwan's Dong Ding region. Tender leaves and buds brew a full bodied, aromatic, pale golden-green cup. 100g
\$34.90



flavoured green teas

- berry nice**
Intoxicating berry aromas, juicy and full flavoured with freeze dried whole blackberries and raspberries. 100g
\$12.90

- cinnamon spice**
Aromatic cinnamon combined with rose petals and spices on a sencha base. This tea is hard to resist. 100g
\$12.90

- earl grey green**
This fragrant bergamot flavoured green tea is an ideal way to introduce yourself to green tea's many health benefits. 100g
\$12.90

- emerald chai**
Green tea mixed with the exotic and warming spice combination of ginger, pepper, cinnamon and cloves. 100g
\$12.90

- fabulous feijoa**
Green tea mingled with rose and New Zealand feijoa. Truly a treat for feijoa lovers. 100g
\$12.90

- lovely lemon**
A very popular green tea due to its lemon citrus tang that is balanced by a natural sweetness. 100g
\$12.90

- manchuria mango**
Chinese sencha and the aroma of juicy mangos. Close your eyes and imagine the beach. Great iced! 100g
\$12.90

- moroccan mint**
Intense spearmint on the nose is enhanced by natural peppermint flavour. A classic combination mixed with quality gunpowder tea. 100g
\$12.90

- pina colada**
Pineapple and coconut pieces deliver a seductively addictive experience. 100g
\$12.90

- sakura rose**
Rose blossoms on a sencha base are flavoured with the taste of sakura cherries. 100g
\$12.90

- tokyo lime**
Lime, lemon and sencha are decorated with sunflower petals, blue mallow blossoms, chamomile flowers and rose petals. Simply superb! 100g
\$12.90

- vanilla green**
If you like sencha and the sweet creaminess of vanilla bean, you will love this combination. 100g
\$12.90



chinese green teas

- genmaicha bancha**
Late harvest leaves are roasted with brown rice. Refreshing and comforting, with a toasty aroma. Low in caffeine. 100g
\$11.90

- gunpowder**
Tender leaves, rolled into small balls like gun pellets, unfurl to give a refreshing astringent, slightly smokey infusion. 160g
\$11.90

- high grade jasmine**
One of the finest grades of Chinese jasmine tea. Slender leaves with many silver tips produce a delicate sweet flavour. 100g
\$14.50

- jasmine dragon pearls**
Beautiful little pearls of green and white are scented up to eight times with jasmine blossoms to produce one of the most prized jasmine teas in the world. 40g | 100g
\$18.50 | \$36.90

- lung ching**
Dragon Well tea is pan roasted and has bright green leaves that, when infused, produce a fresh aroma and soft nutty flavour with a rich full bodied taste. 100g
\$16.50

- sencha**
A unique, well known tea popularised in Japan. The distinct deep green, fresh grassy flavour results from the steaming process during manufacture. 100g
\$11.90

- white monkey**
Selected and processed by hand, large young leaves and buds (resembling monkey's paws), produce a delicate, sweet and fresh cup. 75g
\$14.50



japanese green teas

- genmaicha japan**
Produced using an exotic Japanese recipe, genmaicha combines popped rice with tender and delicate green tea leaves. 100g
\$14.50

- genmaicha matcha**
High quality matcha complements genmaicha to give a pleasant, nutty, roasted rice flavour with a mild aftertaste. The matcha powder adds rich green color and depth in flavour to the genmaicha. 100g
\$16.50


- gyokuro kabuse**
Combining the freshness of quality sencha and the richness of gyokuro. Kabuse tea bushes are shaded for a shorter time than gyokuro. The resulting infusion has a fresh, sweet flavour with a nutty aroma. 100g
\$35.90

<input type="checkbox"/>	hon gyokuro Hon gyokuro is renowned to be the highest grade of green tea in Japan. A rich and buttery flavour with a velvety finish makes this exquisite tea hard to resist.	40g \$30.50	100g \$60.90
<input type="checkbox"/>	japan matcha Matcha is produced by grinding gyokuro tea leaves into powder. Produced in Uji-shi Kyoto prefecture Japan, this premium matcha not only tastes delicious, it is also said to be high in antioxidants and vitamins.	40g \$11.00	100g \$22.50
<input type="checkbox"/>	japan sencha A classic Japanese sencha tea. The bright green leaves brew to a fresh, slightly astringent infusion.		100g \$16.50
<input type="checkbox"/>	kukicha This high grade kukicha is made of sencha stalk with the addition of a small amount of sencha leaf. Kukicha has a unique, slightly nutty, sweet aroma and has the lowest caffeine level of traditional green teas.		100g \$29.90

white teas

<input type="checkbox"/>	jasmine silver tip A rare silver needle tea, scented up to eight times with fresh jasmine flowers to give a gentle aroma and lush, sweet taste - delicious.		40g \$17.90
<input type="checkbox"/>	silver needle One of the most rare and expensive white teas due to its limited production; this Fujian tea has a pale yellow liquor with a fresh sweet fragrance. A delicate and subtle treat for reflective moments.		40g \$19.50
<input type="checkbox"/>	white peach Classic white tea combined with a luscious natural peach flavour and bright yellow marigold blossoms.		30g \$12.90
<input type="checkbox"/>	white peony Also known as pai mu tan, this classic white tea consists of long fully twisted leaves combined with abundant downy silver buds collected and withered prior to opening. Its sweet, slightly smokey flavour is smooth and savoury.		30g \$12.90
<input type="checkbox"/>	white rose Classic white tea with long fully twisted leaves and abundant downy silver buds combined with fragrant rose petals. A beautifully sweet indulgence that is smooth and savoury.		30g \$12.90

blooming teas

<input type="checkbox"/>	fortune flower A bright carnation flower is revealed upon infusion of this delicate white tea. The leaves can be infused several times.	3 Pack \$10.90	 approx 1.4 per pack *100g \$36.90
<input type="checkbox"/>	golden jasmine When infused, the bloom opens to reveal pot marigold flowers, making this white tea to be enjoyed as much for its appearance as for its luxurious aroma and taste.	3 Pack \$10.90	*100g \$36.90
<input type="checkbox"/>	jasmine princess Tender, high grade white tea buds combine with globeamaranth and jasmine flowers to make a beautiful flower semi-circle with a long lasting jasmine flavour and aroma. Spectacular!	3 Pack \$10.90	*100g \$36.90

fruit tisanes (caffeine free)

<input type="checkbox"/>	berrylicious A rich strawberry and raspberry flavoured tisane. Berrylicious is an incredibly pleasing and well balanced infusion that takes sweetener well and is fantastic indeed.		100g \$12.90
<input type="checkbox"/>	caribbean crush A wonderful fruit tisane with tropical flair! Pineapple pieces, coconut bits, hibiscus, apple pieces and rosehip peels. Fantastic with dessert at your next dinner party.		100g \$12.90
<input type="checkbox"/>	choco chilli On infusion, the chilli combines with the cocoa, apple, chocolate and strawberry pieces to make a satisfying and memorable brew.		100g \$13.90
<input type="checkbox"/>	fruit compote The aroma is simply wonderful, the flavour is totally refreshing and the colour is gorgeous. Iced or hot, this fruit tisane is absolutely fabulous.		100g \$12.90
<input type="checkbox"/>	mango tropicana A luscious and bold fruit infusion loaded with succulent fruits and delicious mango flavour.		100g \$12.90
<input type="checkbox"/>	orchard fruits A full and rich berry infusion that's great served iced as well as hot. A touch of honey enhances the flavour.		100g \$12.90
<input type="checkbox"/>	party punch A classic fruit punch flavour. Have it iced in summer with freshly sliced oranges or hot in winter.		100g \$12.90
<input type="checkbox"/>	peachy plus A unique combination of dried peaches, apple and elderberry. A peachy taste plus a creamy, vanilla overtone.		100g \$12.90
<input type="checkbox"/>	strawberry kiwi The kiwifruit and strawberry aromas combine beautifully with apple pieces, hibiscus, and rosehips. Try this one iced.		100g \$12.90
<input type="checkbox"/>	sweet assassin A very fruity and aromatic infusion packed with berry flavour. Try adding sweetener for added indulgence.		100g \$12.90
<input type="checkbox"/>	turkish apple Naturally sweet real apple pieces make this deliciously refreshing and juicy, with no added sugar unless you want to add it!		120g \$12.90



herbal tisanes (caffeine free)

<input type="checkbox"/>	anti-cyclone Take on all that winter has to throw at you with this aniseed flavoured immunity boosting tisane.	50g \$11.90
<input type="checkbox"/>	chamomile Egyptian chamomile produces a deep yellow earthy infusion and provides relaxation any time of the day. Ideal before sleep.	40g \$10.50
<input type="checkbox"/>	chamomile & lavender Relaxing Egyptian chamomile and French lavender are an ideal blend in the evening before bed. Beautifully aromatic!	50g \$10.90
<input type="checkbox"/>	cinnamon apple chamomile Relaxing chamomile with cinnamon and apple pieces. Delish!	100g \$13.90
<input type="checkbox"/>	cp aaah... A well balanced blend of chamomile, peppermint and rooibos. Cp aaah... is a health promoting blend that soothes body and mind.	75g \$12.90
<input type="checkbox"/>	de-stress Take time out with this lemon flavoured stress reliever. It contains st johns wort, ginko leaves, nettle leaves and lemongrass.	50g \$12.90
<input type="checkbox"/>	evening orange This orange flavoured herbal infusion is suited perfectly to unwind in the evening.	50g \$12.90
<input type="checkbox"/>	fountain of youth Said to be anti-aging and good for memory, ginko leaves deliver an invigorating herbal tisane that also tastes great.	50g \$12.90
<input type="checkbox"/>	ginger root Warming ginger is said to aid digestion. Try sweetening with honey or add to another infusion for added zing.	100g \$10.90
<input type="checkbox"/>	hibiscus Hibiscus has been used to ease indigestion, relieve colds and respiratory trouble. It is said to aid circulation. Hibiscus is also a natural source of vitamin C.	100g \$11.90
<input type="checkbox"/>	hippy redhead This deep red infusion is all natural and tastes fantastic. Rose-hips are high in vitamin C and clover blossoms add a hint of sweetness.	50g \$12.90
<input type="checkbox"/>	kawakawa fire Native New Zealand kawakawa is blended with warming lemongrass and ginger. A flavoursome and healthy brew!	50g \$12.90
<input type="checkbox"/>	lavender French lavender is delicious. Try adding some lemon juice, blend with other teas like earl grey or simply enjoy it straight with or without sweetener.	50g \$10.50
<input type="checkbox"/>	lemongrass Lemongrass exquisitely captures the sweet aroma of lemons giving an uplifting sensation.	50g \$10.50
<input type="checkbox"/>	lemongrass & ginger Ginger is said to relieve indigestion and nausea while lemongrass soothes head and stomach aches. Great in winter to help prevent colds.	75g \$11.90
<input type="checkbox"/>	liquorice star (new) Liquorice combined with fennel seed and peppermint make a refreshing and naturally sweet infusion. Lip smackingly good!	100g \$11.90
<input type="checkbox"/>	nettle leaf Nettle leaf has a rich and robust taste and is loaded with minerals. Try adding a slice of lemon and watch the tea magically change in colour from dark green to bright pink! NOTE: If you are pregnant, or may be, do not consume until seeking advice from a health professional.	40g \$10.50
<input type="checkbox"/>	peppermint A sweet and minty infusion. Pure and refreshing any time of day, served hot or cold. May be used to aid digestion.	40g \$10.50
<input type="checkbox"/>	raspberry leaf Raspberry leaf has a rich flavour similar to green tea and has traditionally been used for centuries during pregnancy. NOTE: If you are pregnant, or may be, do not consume until seeking advice from a health professional.	50g \$10.50
<input type="checkbox"/>	regenerate A lemon flavoured infusion that helps to regenerate body and mind.	100g \$15.90
<input type="checkbox"/>	restful A peach flavoured blend of chamomile and lavender blossoms, vervain and rose buds. A relaxing and harmonising blend.	50g \$12.90
<input type="checkbox"/>	rose buds Stunning pink rose buds have a beautiful aroma and flavour plus they are high in vitamin C.	50g \$10.50
<input type="checkbox"/>	rose petals Red rose petals provide an exquisite aroma and naturally sweet flavour. Fantastic in the early afternoon.	40g \$10.50
<input type="checkbox"/>	spearmint (new) Refreshing and cleansing in nature, spearmint is delicious brewed either hot or cold.	50g \$10.50
<input type="checkbox"/>	tummy pearl A combination of peppermint and other herbs help to settle an upset tummy.	50g \$12.90

yerba maté

- lemon maté** 100g
South American yerba maté blended with lemongrass makes a delicious and uplifting combination. \$11.90
- roasted maté** 100g
Maté is said to offer great nutritional value and stimulation without causing the jitters or addiction. \$11.90
- yerba maté** 100g
Appreciated for its significant nutritional and medicinal properties. It is low in caffeine and has approximately 50% more antioxidants than green tea. \$11.90

organic selection

- earl grey organic - flavoured black tea** 100g
Classic bergamot flavoured organic Ceylon black tea. \$13.90
- english breakfast organic - black tea blend** 100g
A blend of Assam, Ceylon and Darjeeling broken leaf teas. A lighter style breakfast tea that's great to drink any time of day. \$12.50
- makaibari organic ftgfop1s second flush - black estate tea** 100g
Darjeeling's oldest tea estate produces a sweet, rich and full bodied tea with a complex flavour. \$18.50
- peppermint organic - herbal tisane** 40g
Refreshingly sweet and minty. Great after dinner or before bedtime. \$10.90
- red original organic - rooibos** 100g
Also known as "red bush tea", rooibos is a great caffeine free alternative to black tea, plus has the benefit of being high in antioxidants, low in tannins and organic. \$12.90
- sencha organic - chinese green tea** 100g
A delicious everyday green tea to be enjoyed anytime. \$12.90

new zealand selection

- fabulous feijoa - flavoured green tea** 100g
Green tea mingled with rose and New Zealand feijoa. Truly a treat for feijoa lovers. \$12.90
- kawakawa fire - herbal tisane** 50g
Native New Zealand kawakawa is blended with warming lemongrass and ginger. A flavoursome and healthy brew! \$12.90
- new zealand breakfast - black tea blend** 100g
Natural New Zealand manuka blends perfectly with strong Assam tea to make a special blend ideal for the morning and late afternoon. Milk and sugar can be added to enhance rich malt and slightly pine flavours. \$10.50

rooibos infusions & honeybush (caffeine free)

- coconut rough** 100g
Chocolate chips and coconut pieces match beautifully with the natural caramel flavour of rooibos. This aromatic and flavoursome rooibos infusion is a must try! \$12.90
- gorgeous green** 100g
The taste of strawberries, peaches and lemons on a green rooibos base with minglings of flower petals. \$12.90
- green peach** 100g
The tropical flavour of peach shines through the green rooibos base. \$12.90
- honey original** 100g
Honeybush is enjoyed for its health benefits and pleasant, naturally sweet character. \$12.90
- lush red lemon** 100g
The refreshing combination of lemon and lemongrass flavours make this rooibos a great invigorator. \$12.90
- red african fire** 100g
Bright red safflowers combined with natural orange flavour make this tisane not only delicious but highly attractive as well. \$12.90
- red baron chai** 100g
Rooibos combined with cinnamon, cardamom, ginger, pepper, star anise and cloves. Spicy and full of flavour. \$12.90
- red cream caramel** 100g
A blend of red rooibos with caramel chunks and safflower blossoms. \$12.90
- red mango passion** 100g
Blended with flowers and hibiscus, this rooibos infusion not only tastes fantastic, it looks scrumptious too. \$12.90
- red original organic** 100g
Also known as "red bush tea", rooibos is a great caffeine free alternative to black tea, plus has the benefit of being high in antioxidants, low in tannins and organic. \$12.90
- red vanilla raspberry** 100g
Rooibos combined with the lush flavours of vanilla and raspberries make this infusion addictive. \$12.90
- vanilla red** 100g
Classic vanilla on a healthy rooibos base. Lip smackingly good. \$12.90
- wicked red strawberry** 100g
Lush strawberries and wicked cream flavoured rooibos and it's healthy! \$12.90

T LEAF T BREWING TIPS



What's most important is that you get what you want from your tea drinking experience. Individual tastes vary as much as teas themselves, so let your taste buds be your guide.

However, 'bad teas' often result from simple mistakes relating to tea quality, storage & preparation. The following t leaf T brewing tips should optimise the enjoyment you get from drinking new & different teas.

TIP 1. ONLY USE FRESH TEA

Start with a good quality, fresh tea.

Properly stored loose tea can stay fresh for years, while bagged tea generally needs using within six months. Keep tea away from moisture, light & heat. Choose a cool dry place, & use air tight containers. Only use clear containers if kept in a dark place. Don't refrigerate or freeze them.

TIP 2. USE LOOSE LEAF TEA

Most loose leaf teas are better quality than conventional tea bag teas, which are often broken, dusty bits of low grade leaves & twig.

t leaf T's range of loose leaf teas is sourced from the world's best. By selecting our teas, you can be confident you're starting with a quality product.

TIP 3. FRESH WATER DOES MAKE A DIFFERENCE

Fill your jug with fresh tap or bottled water each time you brew. Filtered water is best & avoid distilled water.

Maximising water's oxygen content improves the release of health promoting compounds & full flavours. Water heated more than once becomes 'flat' (depleted of oxygen), making it less than ideal for brewing a good tea.

TIP 4. AVOID OVER BREWING

Bitter tea results from infusing too long or using water that's too hot for the tea variety. Ensure consistently good results by following each tea's brewing instructions, using a timer & (for certain teas), a thermometer. For most teas, it's important to remove the leaves when the optimal infusion time is reached.

If you like strong tasting tea, choose naturally strong varieties or add more leaves rather than infusing longer than recommended.

TIP 5. THERMOMETERS & TIMERS IMPROVE CONSISTENCY & ACCURACY

Optimal water temperatures & infusion times vary between tea types. Getting one or the other wrong is commonly the reason that people think a tea is 'no good'.

Most black teas are best infused for 3-5 minutes with water at boiling point, while green teas are generally best brewed for less time, with water at 75-85°C (160-180°F). Oolongs can vary widely, so it's advisable to follow individual brewing suggestions.

TIP 6. INFUSER BASKETS ARE BETTER

Improve the release of flavours & health promoting compounds by using a filter that's big enough for the type & quantity of tea being infused. Tea balls, clamping spoons & pack-your-own filter bags are convenient but if too small can prevent teas from expanding & infusing fully. t leaf T has a wide variety to choose from.

