

Tea Primer 101

Black & Oolong Teas

Black teas can be malty, floral, smoky, brisk, fragrant and full-bodied. They are wonderful with the addition of sugar, honey, lemon, cream and milk. While black teas have more caffeine than green or white teas, they still have less than coffee.

Oolong is only partially oxidized after the fresh leaves are plucked and withered. Before the leaves are fully cured, a quick drying preserves the flavor and aroma of the green leaf and combines them with black tea characteristics that arise from the partial curing. Oolong has slightly less caffeine levels than black tea, but slightly more than green teas. Wu-Long is the Chinese pinyin translation of Oolong.

Green Teas

Green teas have the least caffeine of all true teas. Classic green teas contain the highest level of antioxidants. Our special green teas have additional aroma and flavor components added to the leaf through flavorings, bits of fruit, essential oils, herbs, flowers and sometimes roasting.

Herbal Teas

Herbal teas, also known as tisanes, are made by blending herbs to create unique flavors and/or desired health benefits. Herbal teas do not contain caffeine and have other flavors that are not found in true teas. These teas are easy to blend and you can make them to suit your needs.

White Teas

The delicate young leaves and buds of the tea plant are covered with soft, silvery white hairs, thus the "white" tea. White teas are very low in caffeine.

SUN TEA—Tea is brewed slowly by the sun, hence the name. To make it, put four teaspoons of tea leaves per quart in a glass jar. (We use 5 tbsp. per gallon.) Fill the jar with cool water, stir and place in the sun for six hours. (Sun has to be out strong and hot to get tea to brew.) Strain and enjoy!

BROKEN ORANGE PEKOE—Tea is graded by leaf size. Broken orange pekoe consists of broken and similar sized leaves.

ORANGE PEKOE—A full leaf tea with no buds (tip).

FANNINGS—The very small broken tea leaves. Often used for teabags.

TIPPY GOLDEN FLOWERY ORANGE PEKOE—A full leaf tea with many golden buds.

CARBON DIOXIDE DECAFFEINATION—In this process, water-soaked tea leaves are placed in a stainless steel container or extractor. The extractor is then sealed and liquid CO₂ is injected. The CO₂ acts as the solvent to dissolve and draw the caffeine from the leaves, leaving the larger-molecule flavor components behind. The caffeine laden CO₂ is then transferred to another container where the pressure is released and the CO₂ returns to the gaseous state, leaving the caffeine behind. The caffeine free CO₂ gas is pumped back into a pressurized container for future reuse. CO₂ decaffeination produces the most flavorful decaffeinated tea. There are no harmful chemicals or byproducts of the process.

FLUSH—The sprouting of new leaves and buds on a tea bush. Higher, cooler regions have only one flush a year, while in places like Sumatra, the tea plants put out new leaves year round.

black / oolong tea: <https://www.thespiceshack.org/product-page/cranberry-orange-black-tea-organic> \$29.75

black / oolong tea: <https://www.thespiceshack.org/product-page/1005-bulk-darjeeling-1-lb> \$24.50

green tea: <https://www.thespiceshack.org/product-page/2874-bulk-raspberry-flavored-w-fruit-green-org-1lb> \$47.00

green tea: <https://www.thespiceshack.org/product-page/1079-bulk-jasmine-tea-green-organic-1-lb> \$29.75

herbal tea: <https://www.thespiceshack.org/product-page/638-bulk-raspberry-red-leaf-1-lb> \$14.23

herbal tea: <https://www.thespiceshack.org/product-page/733-bulk-jasmine-flowers-whole-1-lb> \$30.50

white tea: <https://www.thespiceshack.org/product-page/2870-bulk-tangerine-flavored-w-fruit-org-1-lb> \$35.75

white tea: <https://www.thespiceshack.org/product-page/1058-bulk-white-peony-organic-1-lb> \$30.88

reusable cotton tea bags: <https://www.thespiceshack.org/product-page/reusable-cotton-bags-3-ct> \$2.15