\*\*\*\*\*\*\*\*\*\*\*\* Header Section \*\*\*\*\*\*\*\*\*\*\*

Navigation

**The Tea on Tea**

This blog is all about tea. I go over the different varieties available and describe what there’re made from, the distinct colour, flavour, and caffeine level. I also, talk about my favourite tea varieties, how to prepare them, and the different accessories I use.

There are also website recommendations for teas, cute accessories and a list of my top five favourite teas!

\*\*\*\*\*\*\*\*\*\*\*\* Main Section \*\*\*\*\*\*\*\*\*\*\*

**Different Tea Varieties**

Reference:

* https://www.artfultea.com/tea-wisdom-1/types-of-tea-a-comprehensive-guide

There are all kinds of teas from around the world and each has their own unique look, flavour and caffeine level. Some teas such as black, Pu’erh and green tea have high to medium caffeine levels and are a good replacement for coffee. While other teas like herbal, rooibos, oolong, mate, and white have low to no caffeine. Below is a chart to help explain each variety better.

**Tea Variety Chart/Table:**

* Herbal (Photo)
  + No caffeine
  + When brewed can be all different kinds of colours based on blend
  + Flora, sweet, fruity, spicy, etc.…
  + Not related to the camellia sinensis plant
* Green (Photo)
  + Less caffeine than black tea
  + When brewed light green/ yellow
  + Lighter body, mild bitter flavour
  + Related to the camellia sinensis plant
* Black (Photo)
  + High in caffeine
  + When brewed colour is dark/coppery
  + Strong robust/bitter flavor
  + Related to the camellia sinensis plant
* White (Photo)
  + Low caffeine
  + When brewed pale yellow to light orange
  + Light body, mild flavour with crisp taste
  + Related to the camellia sinensis plant
* Matcha (Photo)
  + Medium caffeine
  + When brewed dark green
  + Smooth, rich flavour, some bitterness
  + Related to the camellia sinensis plant
* Rooibos (Photo)
  + No caffeine
  + When brewed red
  + Full body, natural sweetness
  + Not related to the camellia sinensis plant
* Oolong (Photo)
  + Medium caffeine
  + When brewed pale yellow or rich amber
  + Related to the camellia sinensis plant
* Pu’erh (Photo)
  + High caffeine
  + When brewed inky brown
  + Full body, rich, earthy flavour
  + Related to the camellia sinensis plant
* Mate (Photo)
  + Some caffeine
  + Pale yellow
  + Strong, earthy, bitter
  + Not related to the camellia sinensis plant

**My Top 3 Favourite Tea Varieties**

My favourite tea varieties are matcha, herbal, and rooibos because they are not as bitter to me as other tea varieties like black and white. I don’t add any sweetener to my teas and since these types are usually sweet, they are perfect for my taste buds. I also like the fact that they are versatile, you can have them hot or iced.

Reference:

* <https://www.davidstea.com/ca_en/explore/learn-more/intro-to-matcha/>
* http://blog.davidstea.com/en/category/articles/tea-101/

**Matcha**

* Matcha tea is Green tea leaves, that have been ground into a fine powder. It can have different flavour profiles depending on the quality of the leaves. Traditional matcha can have a smooth, bright, grassy or creamy flavour, where as non-traditional matcha can be fruity, decadent, floral or even refreshing. The benefits that are associated with matcha tea are that it is energizing, detoxifying, high in antioxidants, and can boost your metabolism.
* Tea accessories I use
  + Matcha spoon
  + Matcha maker (type of travel mug)
  + Bamboo whisk
  + Matcha bowl
* How to prepare it traditionally
  + 2 tsp of traditional matcha power or 5-6 tsp of flavoured matcha into a matcha bowl
  + Add 60ml or 2oz of hot water and whisk in an M formation until frothy
  + Pour whisked matcha into your favourite cup and top off with more water and you are all done
* How I prepare my matcha
  + 2 scoops using my matcha spoon of traditional matcha power or 5-6 scoops using my matcha spoon of flavoured matcha into my David’s tea matcha maker
  + Pour hot water up to line marked at the side of my maker
  + Shake for 30 secs or until I see the matcha start to froth, press the button on top of the travel mug to release pressure
  + All done and ready to drink

**Herbal**

* Herbal tea is a mixture of spices, herbs, fruits or nuts. It has many different flavour profiles, which can be minty, sweet, floral, fruity, spicy or a combination of each. The benefit associated with herbal tea is that it has medicinal properties. The properties are soothing colds, stress reducing, relaxation boosting, hydrating and it can help with digestion.
* Tea accessories I use
  + Perfect spoon
  + Travel mug with steeper attachment
  + Mug with steeper
* How to prepare it with loose leaves
  + 1 to 2 scoops of loose herbal tea, place into steeper
  + Place steeper into mug
  + Add 250ml of hot water to mug and cover
  + Let it steep for 5-7min
  + Enjoy!
* How to prepare with tea bag
  + 1 to 2 tea bags, placed into mug
  + Add 250ml of hot water in mug and cover
  + Let it steep for 5-7min
  + Enjoy, I usually keep my teas bags in my mug because I like my tea strong

**Rooibos**

* Rooibos tea is a plant from South Africa, there are two types: red and green. It is naturally sweet, so you don’t need any sugar, honey, etc. The benefits associated are that it is high in antioxidants, electrolytes, and hydrating.
* Tea accessories I use
  + Perfect spoon
  + Travel mug with steeper attachment
  + Mug with steeper
* How to prepare it with loose leaves
  + 1 to 2 scoops of loose herbal tea, place into steeper
  + Place steeper into mug
  + Add 250ml of hot water to mug and cover
  + Let it steep for 5-7min
  + Enjoy!
* How to prepare with tea bag
  + 1 to 2 tea bags, placed into mug
  + Add 250ml of hot water in mug and cover

**Tell Me What You Think!**

First name:

Last name:

How much tea do you drink?

* Coffee Drinker
* Occasionally
* Often
* All the time
* Never

Questions/Comments

\*\*\*\*\*\*\*\*\*\*\*\* Aside Section \*\*\*\*\*\*\*\*\*\*\*

**Delicious Teas to Try and Where to Buy!**

**Top 5 Tea Recommendations**

After a long day, I enjoy drinking a nice hot cup of tea. Some of my favourites are:

1. Lavender Honey Matcha
2. Organic Cinnamon Rooibos Chai
3. Lavender Dream Tea
4. White Cranberry Bark
5. Mint Matcha

**Websites to Checkout!**

* David’s Tea
* T by Daniel
* T Kettle