

GREEN TEA

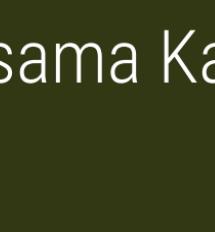
HOW IT'S MADE

For green tea, the tea leaves are harvested from the *Camellia sinensis* plant and are then quickly heated—by pan firing or steaming—and dried to prevent too much oxidation from occurring that would turn the green leaves brown and alter their fresh-picked flavor.

FACTS



green tea has been used in traditional Indian and Chinese medicine



there are many different types of green tea available

green tea may help prevent a range of ailments including cancer

Designed By

Usama Kashif

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