

Iced Tea Time

Craving a cup of healthful, cleansing tea but too hot to even think of boiling water in the kettle? Without the hassle of an iced tea maker or spending hours brewing and chilling, refresh with one of these organic ones.

Bigelow

Bigelow Tea and Arizona Beverage have joined forces to present a line of 20-ounce, ready-to-drink green teas sweetened with sugar cane. Original Green, Açai White Cranberry, Lemon Ginger, and Mango Lychee are loaded with antioxidants and vitamins. www.bigelowtea.com

Davidsons Tea

Fresh fruit flavors are the hallmark of this family-run company. One hundred percent organic Té de Hibiscus contains one day's worth of Vitamin C while Australian lemon myrtle is key to the 100 percent organic Lemon Ginseng Green. Lemon Spearmint, Tropical Ice, and White Raspberry round out the flavorings, all in convenient quart-size bags. www.davidsonstea.com

Honest Mate

Honest Beverage, known for its Honest Tea and Honest Ade ready-to-drink varieties, also embraces the classic South American energy drink, maté, with its Honest Maté line. Try their Sublime with limeade and a dash of ginger or the new Tropical and Agave versions. www.honesttea.com



Numi

Puerh, sourced from old-growth trees in China's Yunnan Province, produces quality, robust teas that help increase circulation and lower cholesterol. Numi now offers the world's first complete organic Puerh line (purported to be laden with 32 percent more antioxidants than a cup of hot green tea), including 12-ounce bottles of ready-to-drink iced teas: Mango Passion and Earl Grey black, Peach Nectar and Moroccan Mint green, and herbal Honey Lemon Rooibos. www.numitea.com

Republic of Tea

It doesn't get more convenient than the Republic of Tea's Tea on Tap, brewed iced tea in spill-proof boxes with easy-to-pour spouts. For that next picnic, bring along Blackberry Sage, Pomegranate Green or Ginger Peach. www.republicoftea.com

Rishi Tea

With 11 recent first place wins at the World Tea Championship, Rishi Tea is on to something. Not only do flavors like Tropical Crimson and Classic Citrus taste fresh and underscore the company's commitment to working directly with farmers at points of origin, but the packaging of their iced teas, containing eco-friendly bags, is also sustainable, with recyclable paper manufactured with 100 percent renewable wind energy and printed with soy inks. www.rishi-tea.com

Zhen's Gypsy Tea

Head straight to an island getaway with one of Gypsy Tea's cocktail-inspired tropical teas in attractive recyclable tins: Mojito Mint, Coconut Rum, Berry Bellini, and Strawberry Kiwi Green along with herbal Papaya Mango. Steep as many eco-friendly sachets as you like—there's no hangover after a glass of one of these. www.gypsytea.com



Site We Like: The Daily Green

It would behoove anyone perplexed by the slew of eco-conscious options out there to direct their attention to The Daily Green. The informative website is packed with advice and tips on everything from safe household cleaners to the lowdown on fuel-efficient cars to presenting "The Earth Day Diet," simple ways to green your eating habits. In particular, the site's "New Green Cuisine" section is educational, pairing well-thought-out feature stories with recipes. For example, vegetarian recipes accompany a discussion on the impact of livestock production. And, seasonal eating becomes less of a challenge when The Daily Green is there to navigate readers through the produce typically found at farmers' markets, followed by recipes on how to cook with them. "We always try to be inviting and welcoming to the person who is just starting out," says The Daily Green's editor, Dan

Shapley. "You can imagine being overwhelmed by the strange new vegetables you'd encounter during your first trip to the farmers' market. We try to be the knowledgeable friend that comes along with you on that trip." Whether it's enlightening readers with the latest news on food safety scares or the least nutritious, fattiest foods being sold at fast food restaurants, The Daily Green truly helps readers who want to become healthy make informed decisions, especially surrounding hard-to-break food habits. "It's hard to give up flavors you've grown to love, even if you know that gas station snack cake is neither good for you nor the environment," says Shapley. Shunning bad-for-you foods might be a challenge, but with the site's recipes for spring pea tortellini and peach upside down cake, at least the task becomes easier. www.thedailygreen.com