

A large pile of fresh green tea leaves fills a metal container. A woven basket is placed on top of the leaves. The background shows a metal structure with some rust.

# GREEN TEA

Lydia Holeckova



# OVERVIEW

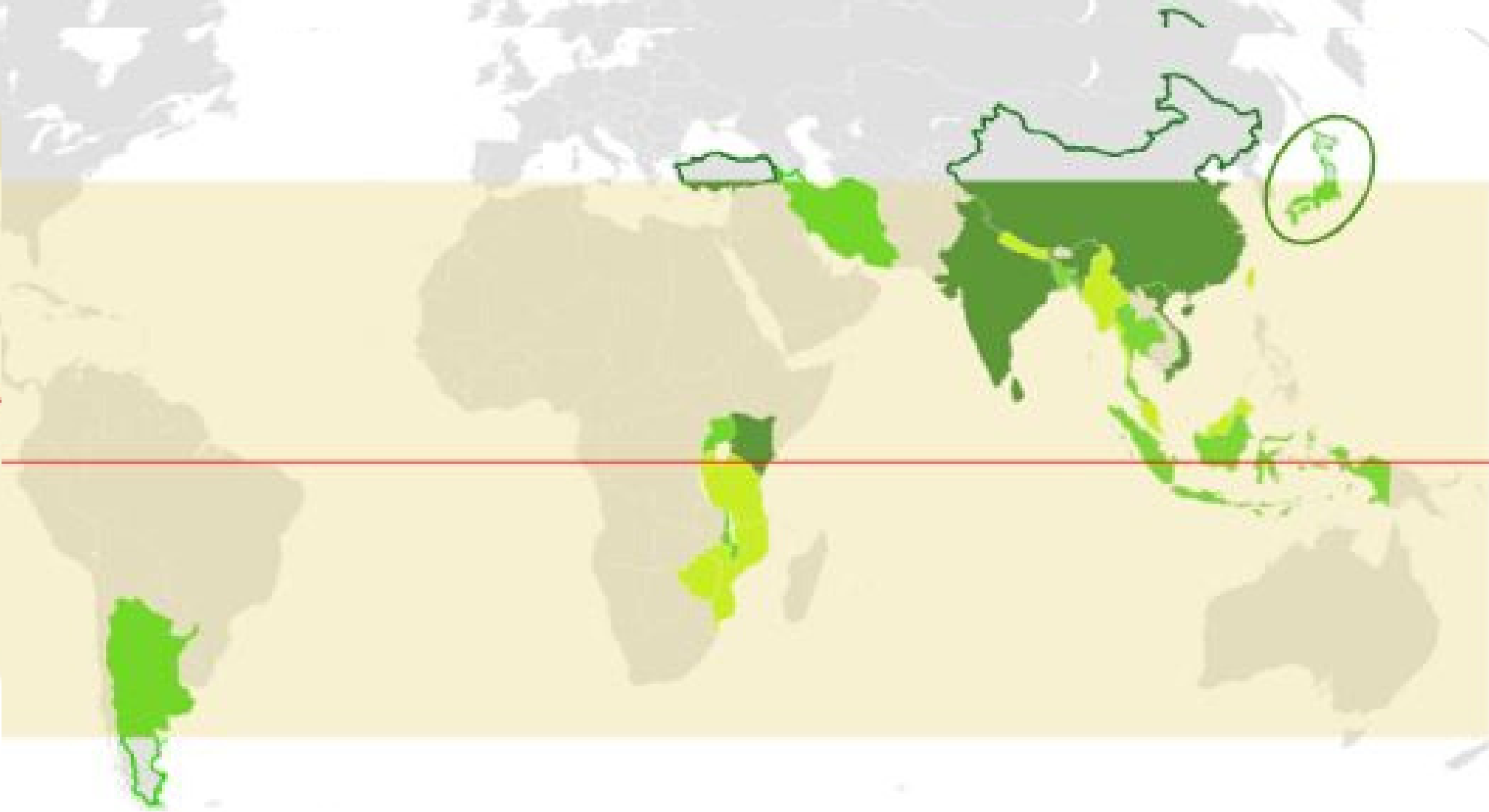
AREAS

MATCHA

TYPES

COMPONENTS





## GROWING AREAS

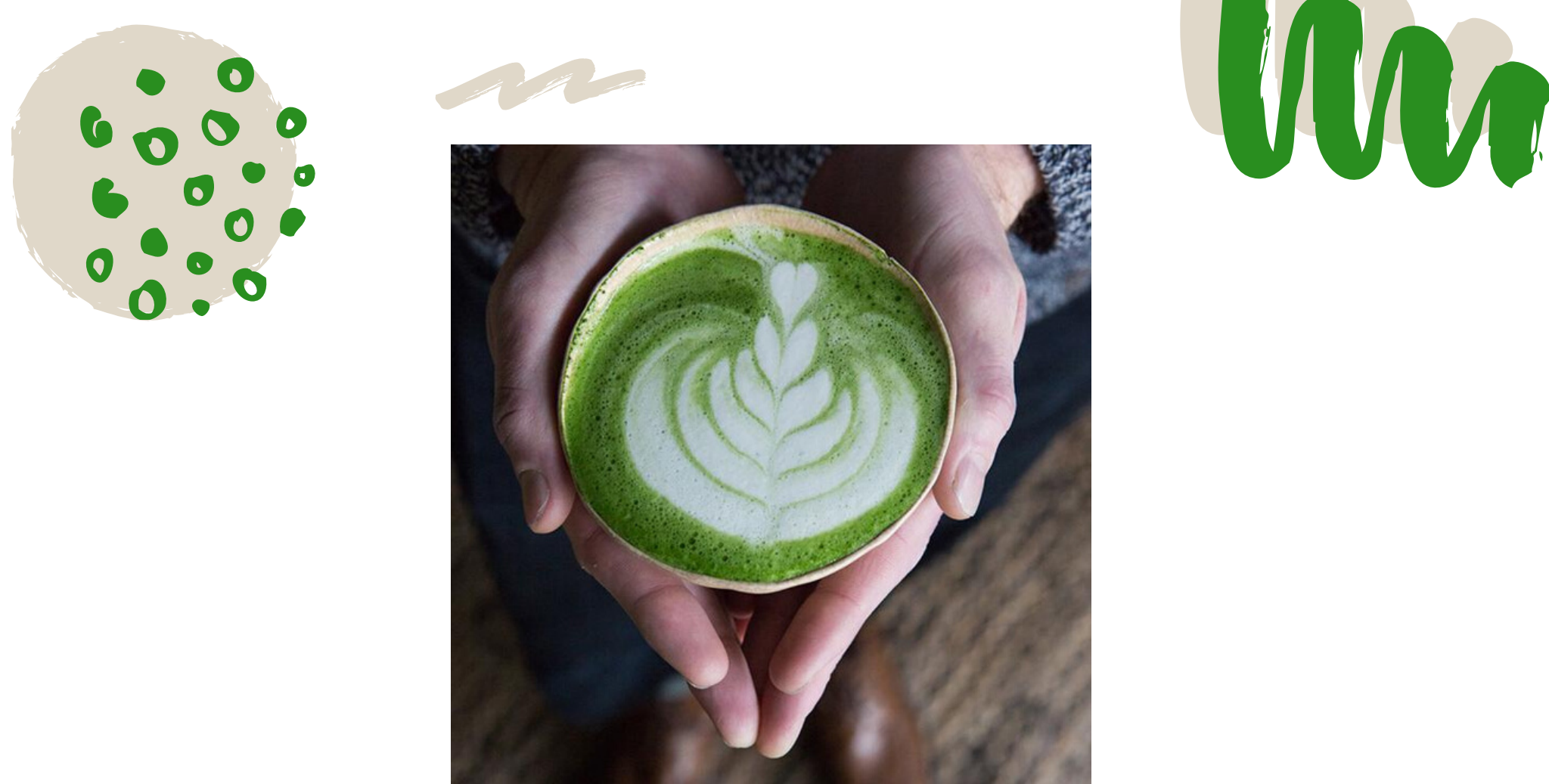
Tea is a subtropical plant and can only survive near the equator.





## **CAMELLIA SINENSIS** **SINENSIS**

Tea plant can be harvest 3 times a year



## MATCHA

Matcha is grounded green tea used in Japanese tea ceremony. It has an intense green color and a grassy sweet taste

# COMPONENTS

## CATHECENIN

offer 25 to 100 times more antioxidant activity than e.g. Vitamins C and E.

## CAFFEINE

matcha provides 3 times more caffeine, which is the same as a cup of brewed coffee

## VITAMINS

A - Z





**THANK YOU!**  
**ARIGATO**