



Heavenly Special Teas®

FAQ For Brewing Loose Leaf Tea

How do I know when the water is 180 degrees?

You will know when it is 180 degrees when you hear your water kettle start to make a sizzling sound. 180 degrees is just before the water starts to boil. You will start to see large bubbles start to dance or rise to the surface of the water but they will not break the surface.

Another way to know it is 180 degrees is to use a thermometer to measure the temperature of the water. Simply insert the thermometer down the spout of your water kettle into the hot water to obtain a temperature. Be careful not to burn your fingers on the steam. If you don't have a thermometer, Heavenly Special Teas has one on Page 13, #5006 for \$11.95.

What teas are infused at 180 degrees?

White and Green Teas. White and Green tea leaves are not dried as long as Black and Herbal teas. Therefore the leaves are green and more tender. Using boiling water on them can scald the leaves. To obtain the best flavor from your White and Green tea, infuse the leaves in water that is no hotter than 180 degrees.

What teas are brewed at 212 degrees or in boiling water?

Black and Herbal Teas. Black and Herbal tea leaves are dried longer until they turn a dark brown/black color. Therefore the leaves are heartier and using boiling water on them is the best way to infuse the best flavor from them. They need the boiling water to re-hydrate the leaves so they can open up and release their flavor. When your water is at a rolling boil, the temperature is perfect. (Black and Green teas that are combined or Oolong teas can be brewed at 190 degrees or let water set a minute after boiling.)

How long do I infuse each type of tea with the appropriate temperature water?

Digi-Tea-Timer #5005 Price \$12.95 Page 13

White and Green Tea – Infuse for 2-3 minutes in 180 degree water. If infused longer than 2-3 minutes White and Green tea can become bitter. (Black and Green combination teas or Oolong teas are treated like green and should be brewed 2-3 minutes.)

Black Tea and Café Collection Teas – Infuse 4-5 minutes in 212-degree water (boiling water). If infused longer than 5 minutes Black tea can become bitter.

Herbal Tea (Tisanes) – Infuse for 5-7 or more minutes in 212-degree water (boiling water). Infusing herbal tea longer than 7 minutes will NOT make it bitter, only stronger. (Tisanes can be brewed for up to 15 minutes without becoming bitter to make ice tea.)

What do I do if I like my tea stronger?

For White, Green, and Black Tea, do not infuse it longer, add more tea leaves to your infusing ring, ball, or teapot and then infuse it at the right temperature and length of time. Each bag of tea you purchase from Heavenly Special Teas has the proper brewing instructions for you to obtain the perfect cup of tea.

For Herbal Tea – Since herbal tea does not really contain any “tea” leaves from the tea plant, but, instead, contain herbs, spices, roots, fruits, etc.; the longer you infuse the tea the stronger it will become.

What teas can I re-infuse?

White and Green Tea can be re-infused 3-4 times, so instead of throwing those infused tea leaves away, simply set them aside and re-infuse them with water for a second cup of tea. You can have your hot cup of tea in the morning, and then re-infuse the leaves in the afternoon to make ice tea. How many store bought tea bags do you know that you can re-infuse this many times!

Black Tea and Café Collection can be infused a second time with some loss of flavor. Adding a pinch of fresh tea to the used leaves helps perk them up.

Herbal (Tisanes) Tea does not really contain any “tea” leaves from the tea plant so it does not re-infuse well. You can try to re-infuse it one additional time, but the tea you receive from the second infusion will be weaker.

How do I decaffeinate my white, green, and black teas?

Using your mug or teapot, place your tea in your tea ball or infusing basket, add the right temperature hot water to loose leaves and steep for approximately 30 seconds. Discard the liquid. This first brew contains most of the caffeine of the tea. Over 80% of the caffeine is removed during the first wash of the leaves. (This does not work for our Café Collection that contain actual coffee.)

Caffeine in Tea vs. Coffee

1 cup of coffee	100 mg caffeine
1 cup of black tea	40 mg caffeine
1 cup of green tea	20 mg caffeine (about the same as one cup of decaf coffee.)
1 cup of white tea	About 10mg of caffeine (note: decaf coffee has approx. 10-30mg of caffeine)