

How to Make Tea

Plucking- Cut off twigs with 2-3 of the younger fresher leaves (first flush), then pull off the individual leaves. This also prunes the bush and encourages new growth.

Withering- Lay the leaves out on a sheet of paper in a warm place for 24 hours to wither and lose about 40% of their moisture.

Rolling and Drying

Japanese Style Green Tea- Roll the leaves long ways as tightly as possible between both hands to produce long twists of whole leaf. Place on a sheet of foil in a warm oven (below 245 degrees) for a maximum of 5 minutes. This dries the leaf and stops further fermentation. Do not burn the tea!

Orthodox Indian Tea- Roll the leaves in a circular motion using both hands. Press together as hard as possible to crush and break the leaves. Put the leaves in a paper bag for a day or two to ferment and lose some of their “greenness” and to develop a drier tea character. Remove and stalk and stem, roll briefly, and dry on a sheet of foil in a warm oven (below 245 degrees) for a maximum of 5 minutes. Do not burn the tea!

Brewing- Both of these processing methods maintain the leaf size and produce a light tea with natural aroma. One cannot roll the leaves hard enough at home to get a dark strong tea.

Place a few leaves in a pot, or Chinese style in a bowl, add boiling water and allow the tea to brew. The liquor should be pale and refreshing. Good luck!

Aftercare- Trim the tips of the bush to shape the plant. The best tea is made from freshly formed new leaves.