

ORGANIC GREEN TEA GUIDE

Name	Flavor Notes	Preparation	Interest
Bancha Japanese	Grassy, Pleasant Less Bitter. A good starter	131 2 min (many different ways)	Everyday Tea, later harvest. Drunk after a meal to aid digestion. 1/2 the caffeine of Sencha. Used as an anti-acid.
Chun Mee Fair Trade	Acidic, dried plum, Tangy Sweetness, Toasty	185 2 min	Precious Eyebrows, Pan Fried giving it its Toasty flavor
Sencha Fair Trade	Light Sweet	131 2 min	Most Popular Grown in Direct Sun First Harvest
Dragonwell	Mellow , Sweet Nutty, Hints of Chestnut and Sweet Peas	175-185 2 min	Most Famous (Imperial Tea) Hand Produced Highest Quality
Gunpowder Special Grade	Bold Slightly Smoky	158-176 1 min	Leaf is rolled into pellet allowed for less damage during travel also known as Pearl tea. Higher Grade May be steeped multiple times just increase steep time by one min. each time
Jasmine	Light Grassy Lingering Floral Notes	175 2-4 min	May be a black or white tea. Scented from Jasmine flowers Two methods for scenting: 1.) Most expensive way, fresh picked Jasmine flowers are placed below the tea in a warm room for several days. 2.) The flowers used in above method, are mixed with green tea, impart their scent, and then separated out
Matcha Ceremonial	Astringent Vegetal. matures to smooth lingering lingering sweetness.	175 Whisk bottom up in a "W" stroke Drink within 3 min.	Finely powdered green tea highest caffeine highest nutrition as you ingest whole Tea leaf. highest Theanine. Shade Grown
Genmaicha	Toasty	175-185 2 min	Green Tea combined with roasted popped rice kernels Monks initiated the process

