



Profile : Blue Lagoon

Loose - Herb and Fruit Tea

November 21, 2025

CUP CHARACTERISTICS: Refreshingly rich and tangy, this herbal blend is fruity with a bold taste of lime.

INGREDIENTS: Apple, Hibiscus, Rosehip, Orange pieces, Cornflower petals, Natural flavors (organic compliant).

INGREDIENTS FROM: Egypt / Albania / Chile / Turkey

REGION(S): Nile Delta River + Fayoum / Tirana / Patagonia / Anatolya

GROWING ALTITUDES: 200 - 1500 feet above sea level

GRADE(S): Grade #1 herb and fruit pieces

MANUFACTURE TYPE(S): Blend of air, sun and machine dried herbs and fruits

ANTIOXIDANT LEVEL: Low

CAFFEINE LEVEL: None - Caffeine Free Herb and Fruit

KOSHER: Yes

VEGETARIAN: Yes

VEGAN: Yes

ARTISANAL NOTES: Small batch blended and packed in Canada at The Metropolitan Tea Company.

INFUSION: Tending pinkish

INFORMATION:

Herb and fruit tea in some circles is considered a new type of tea. We formulated this blend to accommodate tastes of people who wanted to experience a refreshing healthy new style drink without caffeine. What we got was a terrific 'tea' that is unbelievably delicious and enjoyed Hot or Cold! The delicious blend of caramel and fruit medley flavors combined with the natural flavors and tartness of the various dried fruits create a summertime cooler or a wintertime summer reminder.

Blue Lagoon was inspired by a trip to South America and a day on the beach. The sun was beating down from a cloudless sky, the surf was rolling onto the perfect white sand, waves were crashing onto a rock promontory 200 yards away, palm trees were bending towards the ocean and we were drinking 'capirinha' with tropical fruit juice - unbelievable! (For your information a 'capirinha' is white rum over ice, dash of sugar and the juice from one fresh lime)

For a summer time drink Blue Lagoon iced is hard to beat. It is refreshing and thirst quenching and not overly sweet. For formal times garnish the glass with a strawberry and a sprig of mint - for non-formal times pour it into your glass and enjoy it gulp after gulp! If you have small children use the Blue Lagoon tea to make popsicles - they taste great and contain very little sugar.

By virtue of the fact that these blends are a special blend of fruits and herbs - they are caffeine free! An additional benefit is that these 'teas' contain Vitamin C. What could be better - a healthy drink that tastes GREAT!





Profile : Blue Lagoon

Loose - Herb and Fruit Tea

STEEPING TIME

TEA CUP	8oz (237ml)	10oz (296ml)	12oz (355ml)
AMOUNT	1 heaping teaspoon of "The Perfect Measure Spoon" (Item# 11MS-1370-)	1 heaping teaspoon of "The Perfect Measure Spoon" (Item# 11MS-1370-)	1.5 heaping teaspoon of "The Perfect Measure Spoon" (Item# 11MS-1370-)
MILD	2-3 min	2-3 min	2-3 min
MEDIUM	4-5 min	4-5 min	4-5 min
STRONG	5-10 min	5-10 min	5-10 min
MetroTea recommends 5-10 min			

TEA POT	18oz (532ml)	36oz (1064ml)	48oz (1419ml)
AMOUNT	2 heaping teaspoons of "The Perfect Measure Spoon" (11MS-1370-)	1 heaping teaspoon of "Pot of Perfect Tea Spoon" (Item # 11MS-1155-)	2 heaping teaspoon of "Pot of Perfect Tea Spoon" (Item # 11MS-1155-)
MILD	2-3 min	2-3 min	2-3 min
MEDIUM	4-5 min	4-5 min	4-5 min
STRONG	5-10 min	5-10 min	5-10 min
MetroTea recommends 5-10 min			

SERVING RECOMMENDATIONS:

MILK	SUGAR	LEMON	MINT
NO	OK	OK	NO

IDEAL BREWING TEMPERATURE: 100°C/212°F

HOT BREWING METHOD:

Bring filtered or freshly drawn cold water to a rolling boil. Place 2 slightly heaping teaspoon of loose tea for each 7-9oz / 200-260ml of fluid volume in the teapot. Pour the boiling water into the teapot. Cover and let steep for 5-10 minutes according to taste (the longer the steeping time the stronger the tea).

ICED TEA BREWING METHOD (Pitcher): (To Make 1 Liter/Quart):

Place 12 slightly heaping teaspoons of herb & fruit blend or 6 tea bags into a teapot or heat resistant pitcher. Using filtered or freshly drawn cold water, boil and pour 11/4 cups/315ml over the herb & fruit blend. Steep for 5-10 minutes. Quarter fill a serving pitcher with cold water. Pour the tea into your serving pitcher straining the tea or removing the tea bags. Add ice and top-up the pitcher with cold water. Garnish and sweeten to taste. A rule of thumb when preparing fresh brewed iced herb & fruit tea is to increase the strength of hot brew since it will be poured over ice and diluted with cold water.

ICED TEA BREWING METHOD (Individual Serving):

Place 2 slightly heaping teaspoons of herb & fruit blend or 1 tea bag into a teapot for each serving required. Using filtered or freshly drawn cold water, boil and pour 6-7oz/170-200ml per serving over the herb & fruit blend. Cover and let steep for 5-10 minutes. Add hot tea to a 12oz/375ml acrylic glass filled with ice, straining the tea or removing the bags. Not all of the tea will fit, allowing for approximately an additional 1/2 serving. Garnish and sweeten to taste. A rule of thumb when preparing fresh brewed herb & fruit tea is to increase the strength of hot tea since it will be poured over ice and diluted.

FOOD SAFETY ADVISORY: We strongly recommend using filtered or freshly drawn cold water brought to a rolling boil when brewing all types of tea. Today's water has been known to carry viruses, parasites and bacteria. Boiling the water will kill these elements and reduce the potential incidence of water-borne illnesses.

RECOMMENDATION: We recommend the use of our '1 Cup of Perfect Tea' measuring spoon (Item# 11MS-1370) for best results. Please contact Metropolitan Tea to place an order.

ANTIOXIDANT BENEFIT: For a greater antioxidant benefit brew longer and use more tea.

