



Profile : Blueberry Bang Rooibos

Loose - Flavored Rooibos Tea

November 21, 2025

CUP CHARACTERISTICS: Sprightly fresh fruit character of tiny flavorful blueberries. The aroma portends a wonderful taste experience.

INGREDIENTS: Rooibos, Hibiscus, Apple, Elderberries, Currants, Blueberry, Billberry, Cornflower petal, Natural flavors.

INGREDIENTS FROM: South Africa / Egypt / Turkey / Greece / Bulgaria / Albania

REGION(S): Cederberg / Nile Delta River + Fayoum / Anatolya / Corinth / Varna / Tirana

GROWING ALTITUDES: 1500 - 2500 feet above sea level

GRADE(S): Choice Grade #1

MANUFACTURE TYPE(S): Traditional process, Bruised and fermented

ANTIOXIDANT LEVEL: Low

CAFFEINE LEVEL: None - Caffeine Free Herb

KOSHER: Yes

VEGETARIAN: Yes

VEGAN: Yes

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

INFUSION: Reddish orange to full color

INFORMATION:

Blueberry bang, we admit, is a strange name for a cup of tea. But did you know the name actually comes from an old recipe of Eastern Canada? To explain we take you to 1930's New Brunswick. In those days a German immigrant named Frederick Wolfhasen began experimenting with new machines to facilitate the picking of the low growing wild blueberries that grew in abundance around his farm. Searching for the ultimate apparatus, Frederick built machines with pulleys, ropes, bicycle pedals, you name it. Everything went swimmingly until one day in August of 1934 when he fired up his latest invention, a diesel powered picker. We must tell you here that back in the old country Frederick was a tailor, not an engineer. Suffice it to say, he probably should have kept clear of the internal combustion engine. He pulled the starter. As it began to whirl and rumble, Frederick began to calculate the dollars he would soon line his pockets with.

A half-mile away, Frederick's sturdy wife Gisela began to prepare lunch, a German pancake made from flour, shortening and sugar. As she mixed and stirred she heard what would later be described by the dairyman, who doubled as the local reporter, as a "loud clap, booming and most frightful." Running outside, Gisela froze in her tracks when she saw what would later be described by the same dairyman as, "a wall, nay, a tidal wave of blueberries," flying towards the house. Moments later Gisela, her new sundress, the porch, and her dog Fritz, were plastered. Frederick, whose English was still not all that good, covered the half mile back to the farm house in a mere 5 minutes yelling, "Blueberries! Bang! Gisela!" over and over as he did so. By the time he arrived, Gisela, being the good stout wife that she was, was already back in the kitchen stirring her dough, which was now peppered richly with the deliciously sweet wild blueberries. Frederick blurted again, "Blueberries! Bang! Gisela!" To which Gisela replied, "Yah. Blueberries. Bang. Frederick." Well, about 30 minutes later they sat down to the most delicious dish either of them had ever eaten. At her husband's urging, Gisela later entered the concoction at the local fair and the name stuck.

90 years or so later, we've created this wonderful blueberry bang rooibos tea as a tribute to the Wolfhasens. Caffeine free, rich in minerals and vitamins, we feel that this is one innovative blend the couple would have gone crazy for. Wonderful hot or cold, this tea has the mellow qualities of rooibos with the character of a cupful of fresh wild blueberries. Wunderbar!





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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	6-7 min	6-7 min	6-7 min
MetroTea recommends 6-7 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	6-7 min	6-7 min	6-7 min
MetroTea recommends 6-7 min			

SERVING RECOMMENDATIONS:

MILK	SUGAR	LEMON	MINT
OK	OK	NO	NO

IDEAL BREWING TEMPERATURE: 100°C/212°F

HOT BREWING METHOD:

Bring filtered or freshly drawn cold water to a rolling boil. Place 1 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 3-7 minutes according to taste (the longer the steeping time the stronger the tea).

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

Place 6 slightly heaping teaspoons of loose rooibos 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 rooibos. Steep for 5 minutes. Quarter fill a serving pitcher with cold water. Pour the brewed rooibos into your serving pitcher straining the rooibos or removing the 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 rooibos is to increase the strength of the hot rooibos brew since it will be poured over ice and diluted with cold water.

ICED TEA BREWING METHOD (Individual Serving):

Place 1 slightly heaping teaspoon of loose rooibos 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 rooibos. Cover and let steep for 5 minutes. Add hot rooibos herbal tea to a 12oz/375ml acrylic glass filled with ice, straining the rooibos or removing the bags. Not all of the tea will fit, allowing for approximately an additional ½ serving. Sweeten and/or add lemon to taste. A rule of thumb when preparing fresh brewed iced rooibos is to increase the strength of hot rooibos 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.

