



Profile : Blueberry

Loose - Flavored Black Tea

November 20, 2025

CUP CHARACTERISTICS: Intoxicating blueberry aroma and sprightly full flavor of the tiny wild blueberry. Excellent hot or cold. As an iced tea serve with a pinch of sugar.

INGREDIENTS: Black tea, Blueberry, Cornflower petal, Blackberry leaves, Natural flavors.

INGREDIENTS FROM: Sri Lanka / Kenya / India / Albania / France

REGION(S): Nuwara Eliya + Dimbula + Uva / Nandi Highlands / Nilgiri / Tirana / Provence

GROWING ALTITUDES: 4000 - 8500 feet above sea level

GRADE(S): OP (Orange Pekoe)

MANUFACTURE TYPE(S): Orthodox (Traditional leafy)

ANTIOXIDANT LEVEL: High

CAFFEINE LEVEL: Medium

KOSHER: Yes

VEGETARIAN: Yes

VEGAN: Yes

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

INFUSION: Bright and coppery

INFORMATION:

Who doesn't love Blueberries? The tiny berries are incredibly juicy, sweet and packed full of antioxidants. Throughout the North American North East no summer is complete without a stop at a pick-your-own blueberry farm. This is especially true during July, National Blueberry Month. Poet Robert Frost certainly loved picking them. In his poem "Blueberries" he wrote:

Blueberries as big as the end of your thumb,
Real sky-blue, and heavy, and ready to drum.
In the cavernous pail of the first one to come!
And all ripe together, not some of them green
And some of them ripe! You ought to have seen!

In recent years, blueberries have come to be regarded as a "superfruit" owing to its favorable combination of nutrient richness, antioxidant strength and versatility as an ingredient in other food products. Raise a freshly brewed cup to an amazing berry!

What type of tea do we use, how do we flavor the tea and why do we use natural flavors?

We use teas from the top high-altitude growing regions of Sri Lanka, Nilgiris, and Kenya. These high-altitude regions produce flavorful teas of luxury quality. The tea from Sri Lanka has the classic 'Ceylon' tea character which is noted by its floral bouquet and mild astringency. The Nilgiris tea gives superb flavor and strong body with some mouth-feel. Kenya tea adds maltiness and golden color to the cup. This combination is perfect for use as the base of our flavored black teas.

We use natural flavoring not artificial to give the tea drinker an olfactory holiday before indulging in a liquid tea treat. High quality tea tastes good and natural flavors do not mask the tea flavor. (The norm for many making flavored tea is to use overpowering artificial flavors, which can be used to hide lower quality tea). It should be noted that natural flavors tend to be somewhat 'soft' and the flavors slightly muted, but for many this is a refreshing change and one of the desired attributes of our naturally flavored teas.





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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 4-5 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 4-5 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 tea 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 tea. Steep for 5 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 tea is to increase the strength of hot tea since it will be poured over ice and diluted with cold water. (Note: Some luxury quality teas may turn cloudy when poured over ice. This is a sign of luxury quality and nothing to worry about.)

ICED TEA BREWING METHOD (Individual Serving):

Place 1 slightly heaping teaspoon of loose tea 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 tea. Cover and let steep for 5 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. Sweeten and/or add lemon to taste. A rule of thumb when preparing fresh brewed iced tea is to increase the strength of hot tea since it will be poured over ice and diluted. (Note: Some luxury quality teas may turn cloudy when poured over ice. This is a sign of luxury quality and nothing to worry about!)

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.

