



Profile : Blueberry Green

Loose - Flavored Green Tea

November 20, 2025

CUP CHARACTERISTICS: Very aromatic. The blueberry flavor literally fills the cup.

INGREDIENTS: Green tea, Blueberries, Cornflower petals, Natural flavors (Organic Compliant).

INGREDIENTS FROM: Sri Lanka / Albania

REGION(S): Uva - Welimada / Tirana

GROWING ALTITUDES: 4000 - 5900 feet above sea level

GRADE(S): Pekoe Gunpowder

MANUFACTURE TYPE(S): Non fermented, Orthodox gunpowder | Orthodox (Traditional leafy)

ANTIOXIDANT LEVEL: High

CAFFEINE LEVEL: Low

KOSHER: Yes

VEGETARIAN: Yes

VEGAN: Yes

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

INFUSION: Pale yellow / green

INFORMATION:

Man-oh-man, people love blueberries. Way back in the late 1800's, a woman named Elizabeth Jane Astly who lived in Yarmouth, Nova Scotia penned an ode to the small sweet fruit. The final stanza reads as follows,

And there's the pleasure without word,
The thrill of the heart no word can fit,
When the mouth takes in a blueberry pearl
And the tongue can copy the stain of it.

The pleasure without word...The thrill of the heart no word can fit - indeed, the blueberry is a delicious and nutritious treat. The taste of fresh blueberries is intense with a slight astringency, a trait common to most dark berries. And ironically, since science in the 1800's was unable to prove it, blueberries are in fact good for the heart due to their high levels of antioxidants. In fact research by the USDA indicates that blueberries rank #1 in antioxidant activity compared to 40 other fruits. This fact combined with their fresh flavor makes blueberries an excellent tea additive. This tea, as you'll discover, has a wonderfully sweet character with a pleasing astringency.

So what kind of tea did we use when making this blend? We used a green Pekoe Gunpowder from the Uva region of Sri Lanka. Green Gunpowder is produced by forgoing the fermentation process required to produce black tea. Instead, the leaves are steamed as soon as they are plucked and then hand-rolled into small round pellets. Once immersed in water, these pellets gracefully open to reveal a full leaf. Gunpowder teas typically have a dark coppery green color, and produce a pale yellowy green infusion, with a smooth, slightly smoky cup with a sweetish finish. The tea is highly receptive to the addition of our natural flavorings and produces a very satisfying brew. Make yourself a pot today and enjoy a cup of this exceptionally refreshing tea! Incidentally, this is one tea that goes well over ice.





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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	1-2 min	1-2 min	1-2 min
MEDIUM	2-3 min	2-3 min	2-3 min
STRONG	3-5 min	3-5 min	3-5 min
MetroTea recommends 3-5 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	1-2 min	1-2 min	1-2 min
MEDIUM	2-3 min	2-3 min	2-3 min
STRONG	3-5 min	3-5 min	3-5 min
MetroTea recommends 3-5 min			

SERVING RECOMMENDATIONS:

MILK	SUGAR	LEMON	MINT
NO	NO	NO	NO

IDEAL BREWING TEMPERATURE: 85°C/185°F. For Food Safety reasons bring water to 100°C/212°F and let it cool down to 85°C/185°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. 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. 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.

