



Profile : Bohemian Raspberry

Loose - Flavored Green Tea

November 20, 2025

CUP CHARACTERISTICS: Ooh-la-la refreshing raspberry with smooth green tea notes.

INGREDIENTS: Green tea, Raspberry pieces, Natural flavors (Organic Compliant)

INGREDIENTS FROM: India / China

REGION(S): Nilgiri / Hunan + Shandong

GROWING ALTITUDES: 1500 - 4500 feet above sea level

GRADE(S): Sencha - Made to Japanese specifications

MANUFACTURE TYPE(S): Non fermented, Traditional steamed, Pan dried and polished

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, pale green to yellow, light colored cup

INFORMATION:

Raspberries have been enjoyed as a delicacy in Bohemia, a region of the Czech Republic, since at least the 900s. One need only drive a little way outside of Prague to find wild bushes lining many of the roadsides that wind their way through the countryside. These sweet little berries were purportedly the favorite of Boleslav I, the first King of Bohemia. Unfortunately, old King Boleslav, also known as Boleslav the Cruel, murdered his own brother St. Wenceslas. The murder allowed Boleslav to take the throne and was committed at a family feast - some family! Given the kings fondness for raspberries, there is no doubt that along with murder, the fruit was also served. It is too bad Bohemian Raspberry green tea wasn't also available - it may have relaxed the man a little. This blend, with its mellow grassy undertones and sweet raspberry notes, is one of our most soothing greens yet.

Bohemian Raspberry is based on a Sencha style green tea manufactured in Hunan Province, South Eastern China. Sencha, a Japanese style green tea, is produced by skipping the fermentation process required to produce black tea. Interestingly, both green and black teas can be produced from the same bushes. In green manufacture, the freshly plucked leaves are steamed or heated (to kill the enzymes that cause fermentation) immediately and then bruised either by machine or hand. Next the leaf is pan-fried or basket fired - a process that gives the tea its distinctive glossy looks and feels. Senchas typically have dark green, needle shaped leaves and produce a pale green to yellow, very bright and smooth cup with a sweetish, honey like finish. Infuse a pot today, inhale the sweet aromas and raise a toast to Boleslav the Cruel. On second thought, make that St. Wenceslas.

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:





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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 1 1/4 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.

