



Profile : Egyptian Camomile

Loose - Herbal Tea

November 21, 2025

CUP CHARACTERISTICS: Very aromatic with a fruity tending floral flavor.

INGREDIENTS: Camomile blossoms

INGREDIENTS FROM: Egypt

REGION(S): Nile River Delta + Fayoum

GROWING ALTITUDES: 1 - 100 feet above sea level

GRADE(S): 1st Grade New Crop, Flowers, Large

MANUFACTURE TYPE(S): Traditional process, Small batch crafted, Air and sun dried

ANTIOXIDANT LEVEL: Low

CAFFEINE LEVEL: None - Caffeine Free

KOSHER: Yes

VEGETARIAN: Yes

VEGAN: Yes

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

INFUSION: Tending light and yellowish

INFORMATION:

There are several varieties and countries of origin of Chamomila - sometimes referred to as bachelor buttons because of the shape of the flower heads - but the best quality comes from Egypt. The sandy loam and nutrients from the Nile create perfect growing conditions. Camomile flowers have a yellow center and white petals - they almost look like a daisy. Essential oils in the flowers produce a soothing pleasant aroma and a fruity character. In some parts of Europe, particularly southern France, camomile plants have been strewn on floors or pathways to give the area a good scent.

Camomile can be made into a pleasant aromatic tea which is slightly bitter but with a fruity flavor. It is often sipped for relief of health problems ranging from toothache to nervousness. Camomile has also been noted as beneficial for soothing headaches and is a natural relaxing herb known to assist the restless and those suffering from insomnia. In many circles Camomile is called nighty night tea or sleepy tea on account of its natural properties, which promote restfulness and drowsiness. It is also known to assist digestive disorders by settling the stomach and calming the nerves. The plant's botanical name Matricaria, is derived from the Latin term for womb because it was once used as an herb to treat female troubles. Camomile is derived from ancient Greek and translates as "Ground Apple" in reference to the fruity aroma.

Like many teas and herbs camomile should be consumed without the addition of milk but this does not preclude additives such as honey, lime, lemon, cinnamon etc. One of the fun things to do with a widely used consumer herb like camomile is to make your own blend. Try camomile with peppermint and call it Camomint Soothing Sleeper - camomile provides the 'sleepy' portion of your blend and the peppermint provides the soothing part (peppermint is known to soothe upset stomachs). Or what about Orange Dreams - combine camomile with orange peel. The possibilities are endless - the main thing is - EXPERIMENT and HAVE FUN WITH TEA!





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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	3-5 min	3-5 min	3-5 min
MEDIUM	4-5 min	4-5 min	4-5 min
STRONG	6-7 min	6-7 min	6-7 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	3-5 min	3-5 min	3-5 min
MEDIUM	4-5 min	4-5 min	4-5 min
STRONG	6-7 min	6-7 min	6-7 min
MetroTea recommends 3-5 min			

SERVING RECOMMENDATIONS:

MILK	SUGAR	LEMON	MINT
NO	NO	OK	OK

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 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 into the pot. Steep for 5 minutes. Quarter fill a serving pitcher with cold water. Pour the tea into your serving pitcher straining the leaves 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 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 into the pot. Cover and let steep for 5 minutes. Add hot tea to a 12oz/375ml acrylic glass filled with ice, straining the leaves or removing the tea 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.

