



Profile : Elderberry

Loose - Flavored Black Tea

November 20, 2025

CUP CHARACTERISTICS: A fresh clean taste this is delightful and intensely berry. As and iced tea - savor the flavor!

INGREDIENTS: Black tea, Elderberry, Elderflower, Blackberry + Lime leaves, Cranberry, Safflower petal, Natural flavors.

INGREDIENTS FROM: Sri Lanka / Kenya / India / China / France / Thailand

REGION(S): Nuwara Eliya + Dimbula + Uva / Nandi Highlands / Nilgiri / Shandong + Yunnan / Provence / Petchabun

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:

These little round, blackish-purple berries are usually harvested in late August and early September. When most people think of Elderberries, more often than not they think of jams, jellies and pies, even wine. Besides being delicious however, Elderberries have had many other traditional uses. Some early recorded instances of the consumption of the berries date to ancient Greece. Texts from that period record that the berry was thought to be effective in boosting the respiratory and immune systems. More recently, early North American pioneers prized the Elderberry for its perceived ability to ease ailments such as the common cold. We prize the Elderberry for its ability to flavor our Ceylon tea with an intense berry character. Delicious when served piping hot, this tea is also divine over ice. Berrylicious!

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

Firstly... we only use high grown teas from the top 3 tea growing regions of Sri Lanka - Nuwara Eliya, Dimbula and Uva. These three high-grown districts produce flavorful teas that have classic 'Ceylon' tea character which is noted by floral bouquet and flavor notes, touches of mild astringency, bright coppery color and, most importantly - perfect for use as the base tea of our flavored teas. (We have tested teas from various other origins around the world as base stock for our flavored teas, but none of these teas made the grade.) Dimbula and the western estates of Nuwara Eliya have a major quality peak during Jan/Feb, whereas Uva and the eastern estates of Nuwara Eliya have their peak in July/Aug. This 'dual peak period' allow us to buy the best for our flavored tea blends several times during the year, ensuring top quality and freshness.

Secondly... we use flavoring oils not crystals to give the tea drinker an olfactory holiday before indulging in a liquid tea treat.

Thirdly... we specify natural flavors. High quality tea tastes good and natural flavors do not mask the natural taste of the high grown Ceylon tea. (The norm for many making flavored tea is to use overpowering artificial flavors, which can be used to hide lower quality tea). Natural flavors do not leave an aftertaste giving the tea a clean and true character. 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 ½ 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.

