



Profile : Oolong Goji Berry

Loose - Flavored Oolong Tea

November 20, 2025

CUP CHARACTERISTICS: Experience the lightly sweet and tart flavor of Goji berries infused with the classic oolong floral finish. A truly light and lovely combination.

INGREDIENTS: Oolong tea, Goji berries, Calendula + Marigold petals, Natural flavors.

INGREDIENTS FROM: China / Poland / Egypt

REGION(S): Fujian Province / Gdansk / Nile Delta River + Fayoum

GROWING ALTITUDES: 1500 - 4900 feet above sea level

GRADE(S): Ti Kuan Yin Special

MANUFACTURE TYPE(S): Semi fermented, Traditional process

ANTIOXIDANT LEVEL: Very 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: Bright and sparkling pale green with gold yellow highlights

INFORMATION:

While it is only in recent years that the Goji Berry has begun garnering attention from mainstream health and wellness writers, the berry, which is actually the fruit of the *Lycium barbarum* and *Lycium chinense* bush, has been getting rave reviews in China since at least the Tang Dynasty (618-907). During that time, poet Yu-Xi Lu wrote a poem in which he claimed that simply drinking water from a well near a Goji berry bush could help extend your time here on earth. But appreciation for the fruit didn't stop there. A few centuries later in 1578, one of China's greatest herbalists, a man named Shih-Chen Li, published the *Materia Medica*. In the book, Li notes that people from the village of Nan-Qiu were in the habit of doing two things:

1. Eating a lot of Goji berries.
2. Living an incredibly long time.

Fast forward to the present. These days, Goji berries seem to be appearing just about everywhere, in juices, hair products, foods and now...exceptional luxury teas. And why not? Recent science has shown that the berries are loaded with vitamins, antioxidants, minerals and more, all geared toward harmonizing the body and making people feel great.

What do Goji Berries contain?

11 essential and 22 trace dietary minerals,
18 amino acids, 6 essential vitamins,
8 polysaccharides & 6 monosaccharides,
5 unsaturated fatty acids, including the essential fatty acids, linoleic acid & alpha-linolenic acid,
Numerous phyosterols, carotenoids, including beta-carotene.
Phenolic pigments (phenols) associated with antioxidant properties.

Oolong Goji Berry was blended to offer all that goodness alongside the plethora of benefits that come from drinking Oolong tea. A double whammy if you will. Brew a cup today and feel the power!





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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
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. Briefly infuse with freshly boiled water and then pour off. Re-infuse the tea and pour after about 1 minute or longer to taste.

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 leaves 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 leaves or removing the tea bags. Not all of the tea will fit, allowing for approximately an additional ½ 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.

