



Profile : Japan Gyokuro

Loose - Green Tea

November 20, 2025

CUP CHARACTERISTICS: A full flavored green tea that has a satisfying light refreshing character. Tending pleasantly vegetative with some briskness.

INGREDIENTS: Green tea

INGREDIENTS FROM: Japan

REGION(S): Kagoshima Prefecture

GROWING ALTITUDES: 200 - 1000 feet above sea level

GRADE(S): Shade Gyokuro

MANUFACTURE TYPE(S): Non fermented, Traditional process, Small batch crafted, Steamed

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: Deep olive hues

INFORMATION:

Prepare yourself for one of the truest expressions of tea craftsmanship on the planet. Gyokuro, made according to exacting specifications that date to Japan's Edo period (1603-1868), offers a brew so pure, it is best enjoyed with a poem. To this end, we've found the perfect literary accompaniment: a verse committed to paper by famed Japanese poet Sen no Rikyu (1522-1591). Replying to the question, "what is tea?" the ancient poet wrote:

Tea is not but this.

First you make the water boil,

Then infuse the tea.

Then you drink it properly.

That is all you need to know.

Simple right? We thought so. The only catch is that achieving a tea as pure and simple as this Kagoshima-grown Gyokuro takes hard work, and lots of it.

To start with, Gyokuro is produced only from hand-plucked tea grown between March and April when tea bushes flush, pushing up fresh new shoots. Complicating matters, for the first three weeks of production, the bushes are shaded with bamboo and straw, forcing the plants to produce more chlorophyll, deepening the flavor of the leaf. About two weeks after the shading has been removed, the tea is plucked. Extreme care is taken to select only leaves that are smaller than one inch in size. Anything larger and the tea will lose its fragrance and pliable, tender qualities. Next, the leaves are gently bruised and lightly steamed resulting in a fine, dark leaf with pungent depth and luscious green character.

Simplicity, as they say, comes at a price. That is all you need to know.

A note about Japanese teas, post-Fukushima

The 2011 Fukushima nuclear event sent shockwaves through the Japanese tea industry. Before the event, almost 90% of Japanese teas were grown in Japan's northern regions, within the affected zone and therefore susceptible to radiation. Since

that time, southern Japan has stepped up production in regions where considerable amounts of testing have determined both soil and leaf to be radiation free.

At Metropolitan Tea, food safety is our primary concern - if we wouldn't serve it to our own families, we wouldn't sell it. It's as simple as that. If you have any other questions about Japanese green teas, please call and speak to our Master Taster anytime.





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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.

