



Profile : Hibiscus

Loose - Herbal Tea

November 21, 2025

CUP CHARACTERISTICS: A lovely deep red infusion similar to grenadine with a taste close to lemonade.

INGREDIENTS: Hibiscus petals.

INGREDIENTS FROM: Egypt

REGION(S): Nile River Delta + Fayoum

GROWING ALTITUDES: 1 - 100 feet above sea level

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

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: Scarlet red to deep burgundy

INFORMATION:

In history every herb and flower has a symbolic meaning. Hibiscus means grace and beauty. Hibiscus (*hibiscus abelmoschus* and *hibiscus sabdariffa*) a native to Africa is related to a bushy ornamental shrub that decorates many tropical gardens has become a popular showy houseplant in Europe and North America and is a flowery accessory to many young women in the tropics. The calyces (often referred to as the hibiscus flower itself), which form the outer covering of the flower buds, are dried and used to make a rosy citrus flavored tea.

There are more than 200 species of hibiscus. The type used for tea is *Abelmoschus* or *Sabdariffa*. Hibiscus is rich in Vitamin A and C and beta-carotene making it a good antioxidant. Many purport that its health benefits are:

- Replaces electrolytes and quenches thirst during and after athletic endeavors.
- Eases symptoms of colds, flu and coughs

Tea uses - Hibiscus petals are commonly used as a base for herb and fruit infusions. When blended with rosehips and various other dried fruits the resulting drink is lively, fruity and Vitamin C and A healthy. If you are using hibiscus petals in a tea and you intend to add milk to the tea, keep the ratio of hibiscus to tea low, as hibiscus will curdle milk. If teashops want to create their own signature blends, hibiscus can make your blend distinctive and a blend that only 'you' can create. A special blend helps build loyalty amongst your customers and is well worth the effort.





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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	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 2 slightly heaping teaspoons of herbal 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 herbal tea. Cover and let steep for 5-10 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. Garnish and sweeten to taste. A rule of thumb when preparing fresh brewed herb & fruit tea is to increase the strength of hot tea since it will be poured over ice and diluted.

ICED TEA BREWING METHOD (Individual Serving):

Place 12 slightly heaping teaspoons of herbal tea or 6 tea bags into a teapot or heat resistant pitcher. Using filtered or freshly drawn cold water, boil and pour 1¼ cups/315ml over the herbal tea. Steep for 5-10 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 herb & fruit tea is to increase the strength of hot brew since it will be poured over ice and diluted with cold water.

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.

