



Profile : Izu Green Matcha

Loose - Matcha

November 20, 2025

CUP CHARACTERISTICS: Has a jammy-like smoothness with a very satisfying full cup. Luxury grade style Japanese green tea and Gyokuro gives a light astringent finish.

INGREDIENTS: Green tea

INGREDIENTS FROM: Japan / Kenya

REGION(S): Kagoshima Prefecture / Nandi Highlands

GROWING ALTITUDES: 500 - 6500 feet above sea level

GRADE(S): Fine Matcha 10-16 micron. Made to Japanese specifications

MANUFACTURE TYPE(S): Traditional Matcha process, Small batch crafted, 100% natural

ANTIOXIDANT LEVEL: Very 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: Thick, bright emerald green

INFORMATION:

There is perhaps no tea on the market today as celebrated or as famous as Matcha. The ancient Japanese who first created the tea believed it was gift of the heavens, and as such held great restorative and spiritual power here on earth. In fact, an ancient Japanese poet named Sen no Rikyu, considered to be the most important influence on the development of the tea ceremony, or Chanoyu, penned this line during the 1500's, "Though many people drink tea, if you do not know the Way of Tea (Chanoyu), tea will drink you up."

These days, the rules around drinking Matcha have loosened. What was once saved only for ceremony, has found its way into everyday life. Matcha can now be found served cold, as an ingredient in health shakes, ice creams, and even baked goods.

And why not, when you consider these numbers: 2 cups of brewed matcha contains 7x the antioxidants of orange juice, 20x that of apple juice, and nearly 20g of calcium. On a gram/gram basis, our Matcha also contains approximately 10 times the polyphenols of some regular bulk teas*!

Producing this amazing tea is painstaking work. It is made using pure luxury tencha green tea and Gyokuro leaves that have been shaded under special shade covers for 3 weeks before plucking. Shading forces the plants to produce higher than normal chlorophyll levels, giving the leaves a rich green color. Once plucked, the leaves are steamed and dried. Next, they are stripped of all stems and veins, resulting in a pure leaf that is stone-ground into the fine powder tea lovers are familiar with.

As amazing as Matcha is, we're happy to say that we've taken it one step further. Having identified a high altitude Western Kenyan tea with 3x the antioxidant value of regular green tea, we decided to blend it with our traditional Japan Izu. The flavory green character and emerald appearance is not altered, but the antioxidants are significantly boosted. Brew a cup today - to your health!





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STEEPING TIME

TEA CUP	8oz (237ml)	10oz (296ml)	12oz (355ml)
AMOUNT	1 heaping teaspoons of "1 Cup of Perfect Matcha Measure Spoon" (11MT-1143-)	1 heaping teaspoons of "1 Cup of Perfect Matcha Measure Spoon" (11MT-1143-)	1.5 heaping teaspoons of "1 Cup of Perfect Matcha Measure Spoon" (11MT-1143-)
MILD	Not Applicable	Not Applicable	Not Applicable
MEDIUM	Not Applicable	Not Applicable	Not Applicable
STRONG	Not Applicable	Not Applicable	Not Applicable
MetroTea recommends Not Applicable			

TEA POT	18oz (532ml)	36oz (1064ml)	48oz (1419ml)
AMOUNT	Not Applicable	Not Applicable	Not Applicable
MILD	Not Applicable	Not Applicable	Not Applicable
MEDIUM	Not Applicable	Not Applicable	Not Applicable
STRONG	Not Applicable	Not Applicable	Not Applicable
MetroTea recommends Not Applicable			

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 water to a rolling boil and let cool to roughly 180°F/82°C. Place approximately half a teaspoon of Matcha in your cup. Infuse with 8oz/250ml of water, whisk briskly and enjoy.

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 use more tea.



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