



Profile : Japan Bancha Keiko

Loose - Green Tea

November 20, 2025

CUP CHARACTERISTICS: Delicious green tea character with notes of toast. A haunting finish.

INGREDIENTS: Green tea

INGREDIENTS FROM: Japan

REGION(S): Kagoshima Prefecture

GROWING ALTITUDES: 200 - 1000 feet above sea level

GRADE(S): Ban 2 Go - Made to Japanese specifications

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: Light green, pale and clear

INFORMATION:

Most Japanese teas are made from well handled leaves and much of their elegance and style is due to the processing: steaming immediately after plucking and then air drying. Bancha or Sencha are the everyday green tea drinks of Japan. Ban 2 GO is one of the highest grades of Bancha. The leaves to produce Bancha are generally plucked after the new season and tend to be somewhat more coarse. This however gives the tea its unique character and visual appearance. Since the leaves used to make Bancha are more coarse and contain some stalks and stems the resulting tea generally contains less caffeine or tannin than the finer grades of Japanese tea. Also the cup tends to be somewhat milder.

The bushes are cultivated in long rows and trimmed so the row has the appearance of a long dome. In Shizuoka Prefecture it is said that the tea gives the impression of smooth waves of green, undulating over the landscape. This curved form of the tea bush gives the largest plucking table. It is on the long regularly shaped plucking table that the pickers take the leaves and the new buds. In the early season plucking is only done by hand, but once the first few weeks pass, mechanical plucking is the preferred method.

The Japanese have been very innovative in this aspect by developing a curved machine that is handheld but clips the tea bush with automatic scissors that look like electric hair clippers. Tea has always had a place in Japanese life. It has been used to show respect to honored guests, as a medicinal drink to aid digestion after meals and in the 'tea ceremony' whose rules were laid down by Rikyu.

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
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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 1 1/4 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.



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