



## **Profile : Kenya Green Kapchorua (BP1)**

### **Loose - Green Tea**

November 20, 2025

**CUP CHARACTERISTICS:** A delightful tea with expansive flavor notes that tend floral-like. The signature of a top quality Kenyan tea.

**INGREDIENTS:** Green tea

**INGREDIENTS FROM:** Kenya

**REGION(S):** Nandi Highlands

**GROWING ALTITUDES:** 5500 - 6500 feet above sea level

**GRADE(S):** BP1 (Broken Pekoe #1)

**MANUFACTURE TYPE(S):** Non fermented, CTC (Cut, Torn and Curled)

**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 amber with greenish highlights

#### **INFORMATION:**

West of the Great Rift Valley, high in the eastern slopes of the Nandi hills lies the famed estate of Kapchorua. To the South, the Tinderet forest teems with Colobus monkeys, exotic birds, magnificent trees and crystal clear springs. To the North and West, undulating fields as far as they eye can see and to the East, the vast expanse of the Lessos plains. To say the estate is situated in one of the most beautiful corners of Earth is an understatement. First planted in 1947, Kapchorua's location was chosen because of its proximity to the Timobo River, a prime tributary of Lake Victoria that bisects the estate and helps irrigate the gardens. A tribute to the original Planters, the estate today defines the word lush. Kapchorua retains some 675 hectares under tea with many acres more given to fuel wood, timber, bamboo and indigenous trees in an effort to ensure protection of the surrounding environment. Amongst the many hectares grow some of Kenya's finest tea bushes, including the Ejulu variety, the highest quality grown in the country. It is from these bushes that Kapchorua produces some of the finest Kenyan teas the world markets have ever seen. Of these, one of the most notable is the green variety we offer here.

Kapchorua's green teas are produced using a technique that was developed and perfected on the estate itself. The unique process differs from that of almost every other producer in the world in that the fresh leaf is not steamed or fried prior to curing. Instead, after withering (a process by which the leaf is laid out in troughs and flushed with air), the tea is put through a CTC machine - cut, tear and curl - that does literally that. After the CTC machine, the shredded leaf is allowed to sit for approximately three minutes in order for slight fermentation to occur and then fed into a large dryer for final curing. The resulting green tea is consistently full-bodied and highly flavory. (Notably absent is the grassiness associated with most green teas.) Kapchorua's high quality is renowned throughout the tea world and has led to the estate being recognized by both the Fair Trade Labeling Organization and Ethical Tea Partnership for outstanding production. (An excellent track record in providing a high quality of life for estate staff has helped in this regard as well.) We're sure you'll be delighted and amazed by the depth of character of what is truly one of the world's finest and most unique green teas. As they say in Kenya, "Chai tamu na halisi sana". - This is a very real and tasty tea!





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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
<b>MetroTea recommends 3-5 min</b>			

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
<b>MetroTea recommends 3-5 min</b>			

#### 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.

