



Profile : Lady Londonderry

Loose - English Favourites Tea

November 20, 2025

CUP CHARACTERISTICS: Round cup with good flowery and malty flavour. Hints of strawberry and lemon make this a perfect afternoon tea.

INGREDIENTS: Black tea, Lemon balm, Strawberry, Calendula + Marigold petals, Natural flavors.

INGREDIENTS FROM: Sri Lanka / India / France / China / Egypt / Poland

REGION(S): Nuwara Eliya + Dimbula + Uva / Assam + Nilgiri / Provence / Shandong / Nile Delta + Fayoum / Gdansk

GROWING ALTITUDES: 500 - 8500 feet above sea level

GRADE(S): FBOP (Flowery Broken Orange Pekoe)

MANUFACTURE TYPE(S): Orthodox (Traditional leafy)

ANTIOXIDANT LEVEL: 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: Bright coppery color

INFORMATION:

Throughout history there has always been an association between royalty, lifestyle and tea. For example, tea's fate in Britain took a turn in 1662 when King Charles II married the Portuguese princess, Catherine of Braganza. Britain's new queen was a confirmed tea drinker long before she arrived for her wedding. As part of her dowry, she brought with her a chest of Chinese tea. Soon, she began serving it to her aristocratic friends at Court. As word of the new beverage spread, more and more people wished to try it for themselves.

Ladies enjoyed tea at home, while gentlemen often drank their tea in the coffee houses that had been established in the City of London. Tea consumption progressed further and over time it became very fashionable in London to have afternoon tea. At these gatherings dainty sandwiches and delicate cakes were served. We can only imagine what these gatherings would have turned into had they been able to enjoy a lightly and elegantly flavored Strawberry Lemon tea. No wonder this tea is called Lady Londonderry.

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 | 2-3 min | 2-3 min | 2-3 min |
| MEDIUM | 4-5 min | 4-5 min | 4-5 min |
| STRONG | 6-7 min | 6-7 min | 6-7 min |
| MetroTea recommends 4-5 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 | 2-3 min | 2-3 min | 2-3 min |
| MEDIUM | 4-5 min | 4-5 min | 4-5 min |
| STRONG | 6-7 min | 6-7 min | 6-7 min |
| MetroTea recommends 4-5 min | | | |

SERVING RECOMMENDATIONS:

| MILK | SUGAR | LEMON | MINT |
|------|-------|-------|------|
| OK | OK | NO | NO |

IDEAL BREWING TEMPERATURE: 100°C/212°F



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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 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 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. Sweeten and/or add lemon to taste. 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.