



## Profile : Lavender Sapphire Blue (French Super)

**Loose - Herbal Tea**

November 21, 2025

**CUP CHARACTERISTICS:** Mild with a distinctive floral perfume and slight pungency.

**INGREDIENTS:** Lavender petals

**INGREDIENTS FROM:** France

**REGION(S):** Provence

**GROWING ALTITUDES:** 200 - 800 feet above sea level

**GRADE(S):** Grade A New Crop, Sapphire Blue Petals

**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:** Tending mauve to purple

**INFORMATION:**

Looking for something special for a 65th wedding anniversary? Look no farther. While the gift for anyone lucky enough to reach that impressive milestone has traditionally been sapphire stone, when we examine the qualities and benefits of the stone vs. this tisane, we find that the similarities are remarkable.

According to spiritualists and practitioners of stone meditation, (in which precious gems are used to enhance the body's connection to the spirit world) sapphire stone has the ability to calm and focus the mind, release mental tension and clear away unwanted thoughts. Overall, it is said to restore balance within the body and create a general feeling of well-being.

Well, if we were going to write a description of how this lavender tisane can affect your overall state, we'd have written the same list. From the moment your boiling water hits the dried petals, the sweet aroma of lavender gets to work, clearing any cobwebs that may be cluttering your brain. As you take your first sip, your tongue catches the fresh floral character, transmitting the sensation throughout your body until your entire being is at peace - amazing.

Now, if there's one thing we can all agree on, it's that after 65 years of marriage, we will all need a little peace! So, fill your kettle, infuse a pot and raise a toast the future!

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

**SERVING RECOMMENDATIONS:**

MILK	SUGAR	LEMON	MINT
NO	NO	NO	NO





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**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).

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**ICED TEA BREWING METHOD (Pitcher): (To Make 1 Liter/Quart):**

Place 6 slightly heaping teaspoons 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 into the pot. Steep for 5 minutes. Quarter fill a serving pitcher with cold water. Pour the tea into your serving pitcher straining the leaves 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 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.)

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**ICED TEA BREWING METHOD (Individual Serving):**

Place 1 slightly heaping teaspoon 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 into the pot. Cover and let steep for 5 minutes. Add hot tea to a 12oz/375ml acrylic glass filled with ice, straining the leaves or removing the tea 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!)

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**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.

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**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.

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**ANTIOXIDANT BENEFIT:** For a greater antioxidant benefit brew longer and use more tea.



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