



Profile : Lemongrass Leaves

Loose - Herbal Tea

November 21, 2025

CUP CHARACTERISTICS: A sweet lemon taste profile. Often used in teas to impart a lemon character without the tangy flavor.

INGREDIENTS: Lemongrass leaves

INGREDIENTS FROM: Thailand

REGION(S): Petchabun

GROWING ALTITUDES: 200 - 500 feet above sea level

GRADE(S): 1st Grade New Crop

MANUFACTURE TYPE(S): Traditional process, Small batch crafted, Air and sun dried

ANTIOXIDANT LEVEL: Low

CAFFEINE LEVEL: None - Caffeine Free Herb

KOSHER: Yes

VEGETARIAN: Yes

VEGAN: Yes

ARTISANAL NOTES: Small batch blended and packed in Canada at The Metropolitan Tea Company.

INFUSION: Morning pastel green notes

INFORMATION:

Lemongrass. Open a packet of lemongrass, (Latin: *Cymbopogon flexuosus*) and inhale its subtle yet complex aroma. This perennial herb, native to Southeast Asia is noted for its lemony scent and ginger undertones. Its lemon character is due to a high concentration of citral, its main biological component. While lemongrass is commercially grown from China to Paraguay, our offering comes from Thailand, the country which it is most commonly associated with. Although most people in the west think of Thailand as simply a beautiful travel and tourism destination, the economy of the country is largely based on agriculture. Of Thailand's roughly 65 million people, 64% are engaged in agriculture with roughly 5.2 million farming families. Most of these families run small subsistence operations. In recent years however, the Thai government has encouraged crop diversification as a way to help build a more sustainable agricultural economy. Among the crops they recommended was lemongrass. Why was lemongrass chosen? Interestingly, the Thai government recognized that since millions of Thai nationals had emigrated to Western countries, and with Thai restaurants subsequently springing up everywhere from London, to Buenos Aires, to Milwaukee, lemongrass was effectively being marketed worldwide. They saw that the world over, the lemony flavour was being used to flavor everything from curry to Thai milk shakes. Lemongrass was practically selling itself! Aside from its myriad uses as a culinary ingredient, the people of Thailand have for centuries prized the plant for its many purported medicinal uses. Thai folk remedies for ailments ranging from fevers to muscle cramp all use the herb as a base ingredient.

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 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	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 3-5 min			

SERVING RECOMMENDATIONS:

MILK

SUGAR

LEMON

MINT





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NO	NO	NO	NO
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IDEAL BREWING TEMPERATURE: 100°C/212°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 herbal 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 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.)

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!)

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.

