



Profile : Long Island Strawberry

Loose - Flavored Green Tea

November 20, 2025

CUP CHARACTERISTICS: Flavory, summer sweet strawberry and papaya pieces round out an exceptionally smooth green tea.

INGREDIENTS: Green tea, Papaya + Strawberry pieces, Natural flavors (Organic Compliant)

INGREDIENTS FROM: India / China / Thailand

REGION(S): Nilgiri / Hunan Province + Shandong / Petchabun

GROWING ALTITUDES: 1500 - 4500 feet above sea level

GRADE(S): Sencha - Made to Japanese specifications

MANUFACTURE TYPE(S): Non fermented, Traditional steamed, Pan dried and polished

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: Bright, pale green to yellow, light colored cup

INFORMATION:

Long Island has been famous for its strawberries for as long as people have lived there. Local history books describe people going on picnics and nature hikes to pick the wild berries as far back as the 1850's - and that's only recorded history. Archaeological records show that the Native Americans who inhabited Long Island centuries ago were also fond of the sweet summertime fruit.

After the Civil War, commercial farming on Long Island began to develop rapidly. Among the new cash crops was the wild strawberry. It didn't hurt that the local farms were generally within a day's drive of New York City. Farmers began hauling their produce to markets around the City, spreading the word about the exceptional Long Island quality. The strawberry's popularity grew quickly and as time wore on, and car culture began to develop, roadside fruit stands popped up to cater to city folk partaking in the new found pleasure of the country drive. To this day a journey out to Long Island will take you past many such stands and pick-your-own berry patches.

A stop at such a stand was the inspiration behind this blended green tea. Company mythology has it that our master taster stopped to buy some berries one summer and was so dazzled by their sweet juiciness that he immediately called back to the office to declare a tea-eureka moment! A decision was quickly made to develop Long Island Strawberry tea. After experimenting with a number of teas, a Sencha style green from Hunan, China was chosen. The reason? It's a perfect match for the sweet flavor of strawberries. Green tea forgoes the fermentation process required to produce black tea. The leaf is steamed after plucking, then bruised either by machine or by hand. After that it's pan or basket fired, leaving it with a distinctive glossy look and light sweetish flavor - an almost perfect match for the strawberry in terms of character profile.

Blended together, the combination of strawberry flavoring and green tea produces a cup that is light and fresh, tempered with delicate notes of juicy sweet strawberry. (The juiciness has been further enhanced by the addition of dried papaya pieces.) Brew yourself a pot today and dream of a relaxing cruise through the countryside. A fabulous 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
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
MetroTea recommends 3-5 min			

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.

