



## Profile : Mountain Huckleberry

### Loose - Flavored Black Tea

November 20, 2025

**CUP CHARACTERISTICS:** The huckleberry is a flavory wild berry. Find full berry fruitiness with mountain freshness in this tea.

**INGREDIENTS:** Black tea, Rosehip + Raspberry pieces + leaves, Natural flavors.

**INGREDIENTS FROM:** Sri Lanka / Kenya / India / Chile / Bulgaria / Poland / China

**REGION(S):** Nuwara Eliya + Dimbula + Uva / Nandi Highlands / Nilgiri / Patagonia / Varna / Gdansk / Shandong

**GROWING ALTITUDES:** 4000 - 8500 feet above sea level

**GRADE(S):** OP (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 and coppery

#### INFORMATION:

The Huckleberry is a versatile fruit, but is not to be confused with the famous Mark Twain novel, Huckleberry Finn. Indigenous to higher elevations thriving in an acid soil and a close relative of the blueberry; this fruit has a sweet robust, albeit tart, flavor (when compared to its blueberry cousin) and is generally not cultivated commercially. There is limited availability of huckleberries which probably accounts for part of its popularity. The huckleberries are a favorite food of bears and are thus adventurous to pick! There is a certain amount of wilderness factor associated with the huckleberry which make them quite scrumptious and a true delicacy.

What type of tea do we use, how do we flavor the tea and why do we use natural flavors?

We use teas from the top high-altitude growing regions of Sri Lanka, Nilgiri, and Kenya. These high-altitude regions produce flavorful teas of luxury quality. The tea from Sri Lanka has the classic 'Ceylon' tea character which is noted by its floral bouquet and mild astringency. The Nilgiri tea gives superb flavor and strong body with some mouth-feel. Kenya tea adds maltiness and golden color to the cup. This combination is perfect for use as the base of our flavored black teas.

We use natural flavoring not artificial to give the tea drinker an olfactory holiday before indulging in a liquid tea treat. High quality tea tastes good and natural flavors do not mask the tea flavor. (The norm for many making flavored tea is to use overpowering artificial flavors, which can be used to hide lower quality tea). It should be noted that natural flavors tend to be somewhat 'soft' and the flavors slightly muted, but for many this is a refreshing change and one of the desired attributes of our naturally flavored teas.

#### 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
<b>MetroTea recommends 4-5 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	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
<b>MetroTea recommends 4-5 min</b>			





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**SERVING RECOMMENDATIONS:**

MILK	SUGAR	LEMON	MINT
OK	OK	NO	NO

**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 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 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 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.



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