



## Profile : Peach Apricot White

### Loose - Flavored White Tea

November 20, 2025

**CUP CHARACTERISTICS:** Simply superb! An amazing combination. Has muscatel-like notes that are reminiscent of premium 2nd flush Darjeelings with light fruit finish.

**INGREDIENTS:** White tea, Natural flavors.

**INGREDIENTS FROM:** China

**REGION(S):** Fujian Province

**GROWING ALTITUDES:** 1500 - 4900 feet above sea level

**GRADE(S):** Pai Mu Tan Grade #1

**MANUFACTURE TYPE(S):** Sun withered and dried (Traditional leafy)

**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:** Pale yellow

#### INFORMATION:

Ying and Yang. Each side of the equation balances out the other. The combination of Peach and Apricot follows the same principal - well kind of anyway. According to Chinese folklore, peaches are a potent symbol of long life, conferring longevity on all those who eat them. This belief stems from ancient legends that tell us the fruit was a favorite of the 8 Immortals, divine beings who populated Chinese myth. In the legends, one of the 8, Yu Huang, also known as the Jade Emperor was married to a woman named Xi Wangmu, Queen Mother of the West. Xi Wangmu owned a tree that produced peaches of immortality that she would serve to Yu Huang's immortal companions during an annual feast known as Pantao Hui, or the Feast of Peaches.

So, peaches stand for long life, the Yin of our equation. What then about our Yang, the apricot? Well, according to Chinese tradition, apricots are a symbol of cowardice. (Good thing they taste so deliciously sweet!) One could argue that it takes courage to live a long life, courage being the opposite of cowardice. So then cowardice is the opposite of courage...ok, maybe it's a bit of a stretch. Whatever the case may be, the combination of peaches and apricots together is heavenly. The combination of peaches and apricots blended with a top grade Pai Mu Tan tea from Fujian even more so. Delicate hints of citrus finish with faint lingering notes of honey layered over the thick jammy character of this full-bodied tea. Pour yourself a cup and ponder the nature of a long life courageously lived!

#### 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:





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| 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 leaves 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 leaves or removing the tea bags. Not all of the tea will fit, allowing for approximately an additional ½ 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.



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