



## Profile : Provence Rooibos

### Loose - Flavored Rooibos Tea

November 21, 2025

**CUP CHARACTERISTICS:** Flavery with a floral and fruity bouquet; perfumy lavender notes. Inspired by the joie de vivre of France.

**INGREDIENTS:** Rooibos, Rosehip + Elderberry + Blueberry pieces, Lavender + Rose petals, Natural flavors (organic compliant).

**INGREDIENTS FROM:** South Africa / Chile / Albania / Egypt

**REGION(S):** Cederberg / Patagonia / Tirana / Nile River Delta + Fayoum

**GROWING ALTITUDES:** 1500 - 2500 feet above sea level

**GRADE(S):** Choice Grade #1

**MANUFACTURE TYPE(S):** Traditional process, Rolled and fermented

**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:** Reddish orange to full color

#### INFORMATION:

An old French saying has it that to spend an afternoon in Provence is to spend an afternoon in heaven itself. The reason for this lies in its altitude above the Mediterranean, crisp clean air and lush foliage. Provence literally teems with gardens, pastures and woodlands. A walk down one of its many country roads will have you stopping to pick wild strawberries, herbs, spices and especially flowers. The abundance of both wild and cultivated flowers growing along the roadside gives the very air of Provence the aroma of a natural perfumery. In a word, Provence is an intoxicating and tranquil place. (Ok, that was 2 words, but it helps illustrate our next point!) That we decided to replicate the experience of a walk in Provence by developing a tea that is at once heady, full of floral character and superbly mellow. We believe that this blend of caffeine free Rooibos and fresh Lavender does just the trick. We also believe you will find it to have a certain je ne sais quois that will inspire you to sit back, close your eyes and dream of an afternoon in the sunshine. Que les jours en Provence sont belles!

#### 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 6-7 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 6-7 min</b>			

#### SERVING RECOMMENDATIONS:

MILK	SUGAR	LEMON	MINT
OK	OK	NO	NO

**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 of loose rooibos 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 rooibos. Steep for 5 minutes. Quarter fill a serving pitcher with cold water. Pour the brewed rooibos into your serving pitcher straining the rooibos or removing the 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 rooibos is to increase the strength of the hot rooibos brew since it will be poured over ice and diluted with cold water.

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

Place 1 slightly heaping teaspoon of loose rooibos 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 rooibos. Cover and let steep for 5 minutes. Add hot rooibos herbal tea to a 12oz/375ml acrylic glass filled with ice, straining the rooibos 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 rooibos is to increase the strength of hot rooibos since it will be poured over ice and diluted.

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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.