



Profile : Pumpkin Spice

Loose - Flavored Black Tea

November 20, 2025

CUP CHARACTERISTICS: Notes of cinnamon and pumpkin abound. A blend of sweet spices, caramel depths, and chocolate undertones. Nothing beats a cozy cup of pumpkin spice tea on a chilly autumn day!

INGREDIENTS: Black tea, Apple, Orange, Rosehip, Hibiscus, Cinnamon, Calendula + Marigold petals, Pumpkin, Natural flavors.

INGREDIENTS FROM: Sri Lanka / Kenya / India / Turkey / Egypt / Chile / Poland / Thailand

REGION(S): Nuwara Eliya + Dimbula + Uva / Nandi / Assam + Nilgiri / Anatolya / Nile Delta / Patagonia / Gdansk / Petchabun

GROWING ALTITUDES: 500 - 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:

If you live in the Northern Hemisphere then you know that there's nothing like taking a drive out into the country to look at the fall leaves in their vibrant autumn colors. Among the other seasonal offerings farmers turn out in roadside stalls throughout Canada and the US at that time of year, the vegetable that usually garners the most attention are pumpkins. And if you are lucky enough to live anywhere near Greene, Rhode Island you will understand why. You see, it was in Greene that a Pumpkin aficionado named Ron Wallace recently grew himself a world record breaking 2009 pounder! It that's not enough to get you to pull off the country road you're driving down we don't know what will.

The wonderful thing about Pumpkin is that although most people simply carve them into Jack-O-Lanterns, in the right hands they can be prepared into the most delicately flavored soups, appetizers, main courses, and desserts. In fact the inspiration for this tea came from a spicy piece of pie our Master Taster requested seconds and thirds of at a roadside café in the heart of Pumpkin country.

He decided that the unique profile of spiced Pumpkin could be best captured by creating a base blend of high quality black tea that doesn't overpower the subtle tones of our all-natural Pumpkin Spice flavoring. The tantalizing flavor of spiced pumpkin is sure to warm the insides and keep you coming back for more. This is an absolutely amazing tea that harkens to the open road in autumn!





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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	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 4-5 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 4-5 min			

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 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. 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.

