



## Profile : Rooibos Good Hope

Loose - Herbal Tea

November 21, 2025

**CUP CHARACTERISTICS:** The reddish orange cup is fruity with sweet notes.

**INGREDIENTS:** Rooibos

**INGREDIENTS FROM:** South Africa

**REGION(S):** Cederberg

**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:

The story of Rooibos starts around the turn of the century in South Africa's beautiful Cedarberg region. It was the locals of the area who first discovered that the fine needle like leaves of the wild "Aspalathus Linearis" plant made a tasty aromatic tea. It was they who first harvested the plants, chopped them with axes and bruised them with hammers leaving them to ferment before drying in the sun. Rooibos is a herb that contains no caffeine. Those that consume Rooibos have claimed that it has a soothing effect on headaches, disturbed sleeping patterns and digestive problems.

Rooibos seeds are planted during February and March. They are tended for 18 months after which they are harvested. Cut Rooibos is bound and milled to a uniform length then bruised between rollers to trigger the fermentation process, which results in the characteristic flavor and sweet aroma.

200 ml (about 7 ounces) of brewed Rooibos contains the following nutrients:

Iron (Fe), Essential for transport of oxygen in the blood, 0.07 mg. Potassium (K), Assists certain metabolic functions, 7.12 mg. Calcium (Ca), Necessary for strong teeth and bones, 1.09 mg. Copper (Cu), Assists certain metabolic processes, 0.07 mg. Zinc (Zn), Necessary for normal growth and development of healthy skin, 0.04 mg. Magnesium (Mg), Assists a healthy nervous system and other metabolic processes, 1.57 mg. Fluoride (F), Necessary for strong teeth and bones, 0.22 mg. Manganese (Mn), Assists metabolic processes and bone growth and development, 0.04 mg. Sodium (Na), Necessary for fluid and acid-base balance, 6.16 mg.





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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                               | 3-5 min  | 3-5 min  | 3-5 min  |
| MEDIUM                             | 4-5 min  | 4-5 min  | 4-5 min  |
| STRONG                             | 6-7 min  | 6-7 min  | 6-7 min  |
| <b>MetroTea recommends 3-5 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                               | 3-5 min   | 3-5 min  | 3-5 min  |
| MEDIUM                             | 4-5 min   | 4-5 min  | 4-5 min  |
| STRONG                             | 6-7 min   | 6-7 min  | 6-7 min  |
| <b>MetroTea recommends 3-5 min</b> |   |  |  |

#### SERVING RECOMMENDATIONS:

| MILK | SUGAR | LEMON | MINT |
|------|-------|-------|------|
| OK   | OK    | OK    | OK   |

**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 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 into the pot. 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. 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 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 into the pot. 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 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.

