



## Profile : Air Dried Rosehip - Pablo 1/4s (5 - 12 mm)

**Loose - Herbal Tea**

November 21, 2025

**CUP CHARACTERISTICS:** Mild and fruity with slight pungency (tangy) and sweet pear notes.

**INGREDIENTS:** Rosehip pieces

**INGREDIENTS FROM:** Chile

**REGION(S):** Patagonia

**GROWING ALTITUDES:** 1000 - 2500 feet above sea level

**GRADE(S):** 1st Grade New Crop

**MANUFACTURE TYPE(S):** Traditional process, Small batch crafted, Air and sun dried

**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:** Tending pink with light rosy notes

**INFORMATION:**

Rosehip tea with honey was recommended in Bancke's Herbal of 1525 for the feeble, sick and choleric person. Even though the reason for the health benefit of the beverage was not discovered until recently, it is now known that one ounce of concentrated rose hip contains about as much Vitamin C as a dozen or two oranges. During World War II, rose hip jelly was an important substitute for citrus fruits while international shipping lanes were disrupted. It has also been determined that rose hips provide B-complex vitamins A, D, and E, are high in organic iron and calcium and contain measurable amounts of potassium, sulphur, silica and zinc, as well as fructose and tannins. In Germany, rose hip tea or Hagenblut is a national institution. The pink infusion is a common and popular tea and is sold everywhere. The red berries (rose hips) appear on the otherwise naked branches of the bushes in the autumn. Sweetbriar often grows along country roads and can form impenetrable thickets where birds love to nest. The plant's botanical name is *rosa canina*, meaning 'dog rose'. The name came about in antiquity, when the roots and berries were thought to cure rabies. The bush flowers in May and June and after the bloom dies, the rose hips form and are collected. Collection occurs when they are ripe, generally after the first autumn frosts - but one has to get there before the birds, as they love the red berries. Rose hips are mainly used for infusions but as noted previously they also make a delicious red/orange colored jam or jelly.

**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
NO	OK	OK	NO





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**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 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.)

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**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!)

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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.



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