



## Profile : Sage Leaves (Cut)

Loose - Herbal Tea

November 21, 2025

**CUP CHARACTERISTICS:** Savory with light hints of peppery flavor.

**INGREDIENTS:** Sage Leaves.

**INGREDIENTS FROM:** Turkey

**REGION(S):** Anatolya

**GROWING ALTITUDES:** 200 - 800 feet above sea level

**GRADE(S):** Grade A New Crop

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

**ANTIOXIDANT LEVEL:** Low

**CAFFEINE LEVEL:** None - Caffeine Free

**KOSHER:** Yes

**VEGETARIAN:** Yes

**VEGAN:** Yes

**ARTISANAL NOTES:** Small batch blended and packed in Canada at The Metropolitan Tea Company.

**INFUSION:** Light yellow with hints of green

### **INFORMATION:**

Sage is a common kitchen spice that offers a fragrant and warm flavor. Since ancient times, the herb has been used to ward off evil and cleanse spaces and people. The leaves have been used throughout history for its cleansing and purifying purposes.

Sage also has a long-standing history as a wellness herb. In ancient Egypt, it was used to treat fertility issues and epidemics like the plague. Across the Mediterranean in ancient Rome, it was used to treat a list of ailments including digestive issues, sore throats and memory problems. Rome is also where the herb gets its Western name Sage, which comes from the Latin *salvia* meaning 'to feel healthy'.

Speaking of feeling healthy, more recent studies show that tea made from sage is particularly high in rosmarinic acid, an antioxidant thought to decrease bodily inflammation and regulate blood sugar. The herb is also a source of camphor and carnosol, two compounds thought to prevent skin damage, kill harmful bacteria, and speed the healing of wounds. In some circles, sage tea is sipped to soothe a sore throat.

We've sourced these luxury grade dried and cut sage leaves that are ideal for brewing on their own or using as a blending component in custom tea and herbal blends. Brew a cup of 100% natural sage leaves for a savoury and warm cup with hints of peppery flavor that dance along the tongue.





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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
NO	NO	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 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.

