



Profile : Spearmint

Loose - Herbal Tea

November 21, 2025

CUP CHARACTERISTICS: A pungent cool fresh taste that takes your breath away.

INGREDIENTS: Spearmint leaves

INGREDIENTS FROM: USA

REGION(S): Washington State

GROWING ALTITUDES: 900 - 1500 feet above sea level

GRADE(S): 1st Grade, Autumn Harvest, Cut and Sift

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

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 yellowish green

INFORMATION:

Mint has an amazing variety of colors, aspects and aromas. The basic odor is fresh, piquant and peppery, but can vary with each type of mint. All the varieties of mint belong to the same botanical family, Labiatae, and their lavender or rose-colored flowers blossom all summer long. In an early Greek myth, Persephone, the queen of the underworld, became angry at her husband's wandering eye, especially when Hades noticed a young nymph named Minthe. One day, in a fit of jealousy, she turned the lovely woman into mint. Armed with this story, Hippocrates warned men to use mint cautiously.

Spearmint, *mentha spicata*, also known as garden mint, balm mint or Notre-Dame mint, is one of the most well known and commonly found varieties. Its narrow leaves are deep green and its flowers are grouped together in pointed „spearhead“ formation. Spearmint is highly appreciated for its digestive properties and its ability to relieve nausea especially due to motion sickness. Quite often it is also used to find relief from headaches and tension. Inhaling the steam from a double strength infusion will help relieve nasal congestion. Mint tea can also be used in compresses to soothe itching and inflammation. In the olden days, some doctors claimed mint was an effective aphrodisiac. In the book - The Taste of Morocco, Robert Carrier notes that mint tea is used to "cure insomnia, calm the nerves, sharpen the senses and wake up those who are drowsing". As with any herb, if you begin „taking it“ for medicinal reasons, you should do so in tandem with a doctor's consultation.

Mint is lovely when blended with lime, but also works marvelously with balm, green anise, vervain, orange blossom and licorice. Mint is a traditional drink in North Africa and the Middle East and is always served to welcome friends, family or visitors from afar. It is very often prepared using green tea - generally gunpowder tea.





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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
MetroTea recommends 3-5 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	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
MetroTea recommends 3-5 min			

SERVING RECOMMENDATIONS:

MILK	SUGAR	LEMON	MINT
NO	NO	NO	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.

