



## Profile : Strawberry Tingle Rooibos

### Loose - Flavored Rooibos Tea

November 21, 2025

**CUP CHARACTERISTICS:** Outstanding strawberry flavor. Memories of sweet succulent spring strawberries abound.

**INGREDIENTS:** Rooibos, Rose, Strawberry + Blackberry leaf, Strawberry, Safflower petal, Natural flavors.

**INGREDIENTS FROM:** South Africa / China / Egypt / Bulgaria

**REGION(S):** Cederbeg / Fujian / Nile River Delta + Fayoum / Varna

**GROWING ALTITUDES:** 1500 - 2500 feet above sea level

**GRADE(S):** Choice Grade #1

**MANUFACTURE TYPE(S):** Traditional process, Bruised 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:

This amazing blend of Rooibos and fresh strawberries was inspired by a visit to the pick-your-own berry farm outside of Capetown in South Africa. Although the country is usually associated with vineyards and grapes, South Africa actually has numerous pick-your-own farms scattered throughout the countryside. On this particular visit a few years ago, our Master Taster decided that he had to have strawberries, and he had to have them right then and there, (Tea Masters can be an eccentric bunch). His host drove him to the Polkadraai Farm Stall, known locally for its amazing crop of strawberries, known as aarbei in Afrikaans. After a day toiling in the hot South African sun, he naturally asked for something to cool him down. You can imagine his surprise when instead of something cool, like lemonade, he was handed a steaming cup of Cederberg district Rooibos tea. His host informed him that the hot drink would raise his internal temperature which would in turn lower his external temperature and make him feel quite comfortable.

Our Master Taster discovered that the technique worked! He also discovered that the mellow flavor of the Rooibos went particularly well with the bushel of strawberries they had collected. Soon the gears started to turn and moments later he knew he had stumbled upon a wonderful idea for a new tea - Strawberry Tingle Rooibos. Brew yourself a pot and discover what he discovered that day at the farm - Rooibos and strawberry create a harmonious match that will truly delight your taste buds - and, it's caffeine free! Gesondheid! Amandla! (The two ways to say cheers in South Africa!) Enjoy.

#### 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
<b>MetroTea recommends 6-7 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	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
<b>MetroTea recommends 6-7 min</b>			

#### SERVING RECOMMENDATIONS:





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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 rooibos 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 over the rooibos. Steep for 5 minutes. Quarter fill a serving pitcher with cold water. Pour the brewed rooibos into your serving pitcher straining the rooibos or removing the 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 rooibos is to increase the strength of the hot rooibos brew since it will be poured over ice and diluted with cold water.

#### ICED TEA BREWING METHOD (*Individual Serving*):

Place 1 slightly heaping teaspoon of loose rooibos 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 rooibos. Cover and let steep for 5 minutes. Add hot rooibos herbal tea to a 12oz/375ml acrylic glass filled with ice, straining the rooibos 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 rooibos is to increase the strength of hot rooibos since it will be poured over ice and diluted.

**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.



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