



Profile : Thai Lemon Ginger Rooibos

Loose - Flavored Rooibos Tea

November 21, 2025

CUP CHARACTERISTICS: Tart natural lemon smooths bakey rooibos notes with a tongue tickling ginger finish -a superb combination.

INGREDIENTS: Rooibos, Ginger, Pineapple, Lemongrass, Lime leaf, Lemon + Lime, Calendula petal, Natural flavors. leaves

INGREDIENTS FROM: South Africa / Thailand / Egypt

REGION(S): Cederberg / Petchabun / Nile River Delta + Fayoum

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:

The people of Thailand know a thing or three about finding balance in life. Why three? That's the number of Noble Disciplines that govern Theravada Buddhism, the religion practiced by 95% of the country's population. (The country is actually one of the most devoutly Buddhist nations on the planet.) The Three Noble Disciplines are: Discipline, Training of the Mind and Wisdom. Even the philosophy behind Thai cuisine is all about achieving harmony and balance. Thai dishes are characterized by the balance of five fundamental flavors - hot & spicy, sour, sweet, salty and bitter (optional). Only when all the flavors are in perfect balance can a recipe be considered perfect. In developing Thai Lemon Ginger Rooibos, we've adhered to this philosophy and the results, if we may be so bold, are indeed perfect.

The blend starts with Rooibos, while not in itself salty, does possess a mellow herbal quality that like salt, accentuates the flavors of the other blend ingredients. Next, ginger adds the spicy hot component, followed by tart lemongrass for the sour component and dried pineapple for the sweet. (We left out bitter - there's nothing bitter about this cup!) The resulting blend hits all the right notes if you've got relaxation on the brain. Brew a pot today and starting thinking enlightenment.

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
MetroTea recommends 6-7 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	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
MetroTea recommends 6-7 min			

SERVING RECOMMENDATIONS:

MILK	SUGAR	LEMON	MINT
OK	OK	NO	NO





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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 11/4 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 ½ 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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