



Profile : Small Green Tea Brick

Loose - Formed - Green Tea

December 16, 2025

CUP CHARACTERISTICS: Mild green tea character. Lightly vegetative with a smooth finish.

INGREDIENTS: Green tea

INGREDIENTS FROM: China

REGION(S): Hubei Province

GROWING ALTITUDES: 2000 - 4000 feet above sea level

GRADE(S): Compressed OP (Orange Pekoe)

MANUFACTURE TYPE(S): Compressed tea - Silk Road traditional style

ANTIOXIDANT LEVEL: Low

CAFFEINE LEVEL: Low

KOSHER: Yes

VEGETARIAN: Yes

VEGAN: Yes

ARTISANAL NOTES: Packed in Canada at The Metropolitan Tea Company.

INFUSION: Tending dull





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INFORMATION:

These days a shipment of tea from a warehouse in Shanghai can reach Tibet's capital of Lhasa in a matter of days. Thanks to the recently constructed railway to "the rooftop of the world", a tea merchant can now accompany his shipment on the long journey in heated and pressurized comfort. Pressurized of course because the train hurdles along at elevations as high 16,640 feet above sea level. (You read that correctly.) Now, people in Tibet have been drinking tea for many, many centuries - stories of hot yak butter tea are legendary. But how did the tea get there prior to the construction of the great iron road in the sky? If you answered "by truck", very clever, but we're talking even further back. If you answered, "by pony", again very clever but many parts of the journey weren't accessible by pony. The correct answer is that tea, pressed into the form of bricks for ease of transport, was hauled up to the mountain kingdom on foot. And just how impressive a feat was that? An examination of the new rail line will help put it in perspective.

For its entire length, the new railroad sits at over 13,100 feet high. The highest station, in the town of Nagqu, is situated at 14,764 feet. Almost half the route travels across permafrost. As mentioned, the cabins of the train are pressurized to compensate for the lack of oxygen at these altitudes. The threat of altitude sickness is so real that at all times, doctors are present on board to treat passengers who succumb. Talk about goin' up the rails on a crazy train. Now, imagine yourself carrying 300 lbs worth of tea bricks on your back and covering approximately 6 miles per day walking along the tracks.

Without exaggeration, that is how tea bricks once made their way to Tibet. The only saving grace was that merchants packed the tea into large packs with a built in tri-pod that allowed them to rest the towering loads up against a wall - that, and the magnificent views. The journey took weeks, sometimes months depending on weather. You can see why for centuries tea bricks were used as currency - with each step their value literally raised with the altitude. Subsequently, wasting tea was considered something of a sacrilege in ancient Tibet. (We'd like to think wasting tea still is - anywhere!)

Beyond their historical method of transport, green tea bricks were something of a novelty when they first appeared. Traditionally, tea bricks were made using fermented, or black, tea. And while many people elect to display them as a novelty art piece, they also make a wonderful cup of tea. Either way, we offer them in honor of the many men who crossed mountains in their name. Hint: Tea bricks make an excellent sales piece. Customers can't help but ask about them!

STEEPING TIME

TEA CUP	8oz (237ml)	10oz (296ml)	12oz (355ml)
AMOUNT	Break tea to get roughly 1 heaping teaspoon of "The Perfect Measure Spoon" (Item# 11MS-1370-)	Break tea to get roughly 1 heaping teaspoon of "The Perfect Measure Spoon" (Item# 11MS-1370-)	Break tea to get roughly 1.5 heaping teaspoon of "The Perfect Measure Spoon" (Item# 11MS-1370-)
MILD	1-2 min	1-2 min	1-2 min
MEDIUM	2-3 min	2-3 min	2-3 min
STRONG	3-5 min	3-5 min	3-5 min
MetroTea recommends 3-5 min			

TEA POT	18oz (532ml)	36oz (1064ml)	48oz (1419ml)
AMOUNT	Break tea to get roughly 2 heaping teaspoons of "The Perfect Measure Spoon" (11MS-1370-)	Break tea to get roughly 1 heaping teaspoon of "Pot of Perfect Tea Spoon" (Item # 11MS-1155-)	Break tea to get roughly 2 heaping teaspoon of "Pot of Perfect Tea Spoon" (Item # 11MS-1155-)
MILD	1-2 min	1-2 min	1-2 min
MEDIUM	2-3 min	2-3 min	2-3 min
STRONG	3-5 min	3-5 min	3-5 min
MetroTea recommends 3-5 min			

SERVING RECOMMENDATIONS:

MILK	SUGAR	LEMON	MINT
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NO	NO	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. Break tea apart and 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):

Break tea apart and place 6 slightly heaping teaspoons of loose tea into a teapot or heat resistant pitcher. Using filtered or freshly drawn cold water, boil and pour 1 1/4 cups/315ml over the tea. Steep for 5 minutes. Quarter fill a serving pitcher with cold water. Pour the tea into your serving pitcher straining the tea. Add ice and top-up the pitcher with cold water. 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):

Break tea apart and place 1 slightly heaping teaspoon of loose tea 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 tea. Cover and let steep for 5 minutes. Add hot tea to a 12oz/375ml acrylic glass filled with ice, straining the tea. Not all of the tea will fit, allowing for approximately an additional 1/2 serving. 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.

