



Profile : Yerba Mate Green

Loose - Herbal Tea

December 16, 2025

CUP CHARACTERISTICS: Greenish and vegetative. Mate is rich in caffeine and was used as a caffeine beverage in Latin America before the advent of coffee.

INGREDIENTS: Green Mate

INGREDIENTS FROM: Brazil

REGION(S): Parana

GROWING ALTITUDES: 1500 - 3000 feet above sea level

GRADE(S): 1st Grade New Crop, Cut and Sift

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

ANTIOXIDANT LEVEL: Very High

CAFFEINE LEVEL: Medium

KOSHER: Yes

VEGETARIAN: Yes

VEGAN: Yes

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

INFUSION: Tending light and yellowish

INFORMATION:

Also known as Paraguay tea and yerba mate; mate is an herb prepared from the leaves of a South America evergreen shrub, *Illex paraguayensis*, a relative of the common holly. The leaves are oval and about 6 inches long. Flowers of the plant are small and white. The fruit appears in small clusters of tiny red berries growing close to the stems of the plant. Like guarana and yopo, mate is rich in caffeine and was used as a caffeine beverage source by the native population of Latin America centuries before the European settlers arrived to establish coffee plantations.

Yerba Matte is called "The drink of the gods" by many of the indigenous people of South America who have brewed it for centuries. It was however, a people who believed in a different God that are responsible for the first commercial Yerba Matte plantations - Jesuit missionaries. Upon arriving in the new world, the Jesuits quickly adopted the native practice of drinking Yerba Matte as a tea. At the time, Yerba Matte leaves were only being harvested from wild stands of trees. Owing to its widespread popularity, the Jesuits realized the large economic potential of the plant and founded the first Yerba Matte plantations during the mid-1600's.

Mate leaves are processed somewhat like tealeaves. The tips of the branches are cut just before the leaves reach full growth and the leaves are steamed and dried (in fired mate the leaves are dried over fires) The dried leaves are sifted and allowed to age in order to enhance the flavor of the mate. The caffeine content of mate is comparable to that of mild Arabica coffee.





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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	OK	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 11/4 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 ½ 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.





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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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