



Profile : Organic Bella Coola

Loose - Organic - Herb and Fruit Tea

December 16, 2025

CUP CHARACTERISTICS: Beguiling notes of sweet orange at the fore with a light pineapple background. Cannot be beat over ice - so good!

INGREDIENTS: Apple pieces*, Hibiscus petals*, Rosehip* + Orange* pieces, Natural flavors (organic compliant). *Organic Certified Organic by Pro-Cert Organic Systems (Organic Equivalency with COR, NOP, EU, JAS)

INGREDIENTS FROM: Chile / Turkey / Egypt

REGION(S): Patagonia / Anatolya / Nile Delta River + Fayoum

GROWING ALTITUDES: 200 - 1500 feet above sea level

GRADE(S): Grade #1 herb and fruit pieces

MANUFACTURE TYPE(S): Blend of air, sun and machine dried herbs and fruits

ANTIOXIDANT LEVEL: Low

CAFFEINE LEVEL: None - Caffeine Free Herb and Fruit

KOSHER: Yes

VEGETARIAN: Yes

VEGAN: Yes

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

INFUSION: Tending pinkish

INFORMATION:

Bella Coola. As improbable as it might sound, it was during a visit to a remote community in British Columbia that our Master Blender first conceived of the blend that would come to be named after this magical corner of the world. Our Master Taster had flown up to the community in a small sea-plane to take in some fishing during a stop over on his way home from an estate visit in Sri Lanka. It was the height of summer, mid July, when he found himself sitting on a wharf waiting for a fishing boat to come pick him up. It was a hot day so he went in to the local store, looking for something cool. His eyes fell on an orange popsicle, which he purchased and began to enjoy. The village children teased him good-naturedly. It suddenly dawned on him. 'This is the best popsicle I've ever had in my life!' The next thought he had involved the recipe for this tea blend - apple, orange, hibiscus and rosehip.

Upon returning home he determined to create the tea and name it after the place where he'd experienced the most perfect afternoon of his life, Bella Coola. The resulting herb and fruit tea achieved almost the same level of perfection. The cup was tart, sweet with notes of orange and pineapple lifting above an apple-y base. Create your own perfect moment by brewing a pot today. (Note: on the subject of popsicles, Bella Coola makes great ones. Simply make a pot of tea, pour into a popsicle mold, et voila!)





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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	2-3 min	2-3 min	2-3 min
MEDIUM	4-5 min	4-5 min	4-5 min
STRONG	5-10 min	5-10 min	5-10 min
MetroTea recommends 5-10 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	5-10 min	5-10 min	5-10 min
MetroTea recommends 5-10 min			

SERVING RECOMMENDATIONS:

MILK	SUGAR	LEMON	MINT
NO	OK	OK	NO

IDEAL BREWING TEMPERATURE: 100°C/212°F

HOT BREWING METHOD:

Bring filtered or freshly drawn cold water to a rolling boil. Place 2 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 5-10 minutes according to taste (the longer the steeping time the stronger the tea).

ICED TEA BREWING METHOD (Pitcher): (To Make 1 Liter/Quart):

Place 12 slightly heaping teaspoons of herb & fruit blend 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 herb & fruit blend. Steep for 5-10 minutes. Quarter fill a serving pitcher with cold water. Pour the tea into your serving pitcher straining the tea 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 herb & fruit tea is to increase the strength of hot brew since it will be poured over ice and diluted with cold water.

ICED TEA BREWING METHOD (Individual Serving):

Place 2 slightly heaping teaspoons of herb & fruit blend 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 herb & fruit blend. Cover and let steep for 5-10 minutes. Add hot tea to a 12oz/375ml acrylic glass filled with ice, straining the tea or removing the bags. Not all of the tea will fit, allowing for approximately an additional 1/2 serving. Garnish and sweeten to taste. A rule of thumb when preparing fresh brewed herb & fruit tea is to increase the strength of hot tea 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.





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ANTIOXIDANT BENEFIT: For a greater antioxidant benefit brew longer and use more tea.



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