



## Profile : Mate - Roasted

### Loose - Herbal Tea

December 16, 2025

**CUP CHARACTERISTICS:** Full bodied and smooth. The roasted character imparts a coffee-like toast flavor. Rich in mateine, which is recognized as a mild stimulant.

**INGREDIENTS:** Roasted mate

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**INGREDIENTS FROM:** Brazil

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**REGION(S):** Parana

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**GROWING ALTITUDES:** 1500 - 3000 feet above sea level

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

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**MANUFACTURE TYPE(S):** Traditional process, Small batch crafted, Roasted

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**ANTIOXIDANT LEVEL:** Very High

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**CAFFEINE LEVEL:** Medium

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**KOSHER:** Yes

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**VEGETARIAN:** Yes

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**VEGAN:** Yes

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

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**INFUSION:** Pale coppery brown

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#### **INFORMATION:**

Yerba Mate is one of South America's most widely consumed and revered hot beverages. The drink is made by brewing the dry roasted leaves of the Yerba Mate tree, (Latin: *Ilex paraguariensis*), a small evergreen that is a member of the Holly family. The tree is native to the subtropical highlands of Brazil, Paraguay, Uruguay, and Argentina, and it is in those countries that the majority of Yerba Mate is consumed. In fact, it is not uncommon for visitors in those countries to see people sharing the drink outdoors at the park or on the beach.

Yerba Mate 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 Mate plantations - Jesuit missionaries. Upon arriving in the new world, the Jesuits quickly adopted the native practice of drinking Yerba Mate as a tea. At the time, Yerba Mate 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 Mate plantations during the mid 1600's.

By the 1770's, the drink had become immensely popular throughout the continent and was served by most households at all times of the day. The tea was traditionally drunk from a gourd, or mate, and was sipped through a straw known as a bombilla. (Incidentally, this is still the way most Yerba Mate is consumed.) These mates and bombillas were often elaborately gilded in silver - in fact, a contemporary European visitor to the colonies in Argentina reported home that, "there is no house, rich or poor, where there is not always mate on the table, and it is nothing short of amazing to see the luxury spent on mate utensils." Obviously, the refreshing drink was highly regarded.

In recent years, the popularity of Yerba Mate has finally begun to take hold around the world as an alternative to tea and coffee. This roasted Mate has a pleasingly astringent, smooth, roasty character that comes from the roasting process the leaves undergo after plucking. It makes a perfect pick me up in the morning since it contains more caffeine than coffee or tea, and is also rich in Vitamin C and other naturally occurring nutrients and antioxidants. It is said in parts of South America "when one offers Mate, he offers friendship." We offer you this delicious roasted Mate. Brew some today and drink in the history.





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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
<b>MetroTea recommends 3-5 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	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
<b>MetroTea recommends 3-5 min</b>			

#### SERVING RECOMMENDATIONS:

MILK	SUGAR	LEMON	MINT
NO	NO	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 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.

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



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