



# BASICS OF TEA



## Camellia sinensis

All tea comes from the same plant, *Camellia sinensis*. This plant is native to Asia but is grown around the world in tropical and subtropical areas. With over 3,000 types, tea is the most consumed beverage in the world after water. The various flavor profiles of teas arise from different processing methods, growing conditions, and geography.

## WHITE TEA

White teas are the most delicate of all teas. They are made from almost unprocessed leaves and are often made from the youngest shoots of the plant. They steep up light, sweet, and sometimes nutty or creamy.



## THERE ARE PRIMARILY 6 CATEGORIES OF TEA

## BLACK TEA



Black teas are medium to full-bodied in taste. They can be hearty, crisp, malty, earthy, and even sweet. Black tea goes through a process called oxidation during which water evaporates and the leaf absorbs extra oxygen. Black teas are fully oxidized, resulting in the characteristic dark brown leaves, robust flavor and dark liquor.

## GREEN TEA



Green teas tend to be much lighter in flavor, color, and body than black tea. It is slightly oxidized (2-6%), which accounts for its light nature and subtle flavors. Matcha tea is full-leaf green powdered green tea. Yellow tea is a rare category of tea similar to green tea in appearance and flavor. Yellow tea typically does not have the grassy quality of green teas.

## OOLONG TEA

Oolong teas are partially oxidized (15-70%), meaning that they are between black and green tea in terms of processing and flavor. They have their own fragrant, intriguing tones, often compared to the taste and aroma of fresh fruit and flowers.

## DARK TEA & PUER

Dark and Puer teas are deliberately aged teas from China. Puer is a subcategory of Dark tea. An active bacteria interacts with the leaf during processing, making all Dark and Puer teas probiotic. Puer teas tend to improve with age and increase in value.



## HERBAL "TEA"

Herbals are made from plants other than *Camellia sinensis*, such as chamomile and peppermint. They are NOT actually tea. The correct term is "tisane" from the French word for infusion. Rooibos (meaning "Red Bush") is an herbal tea type grown in South Africa. The leaves are used to make a herbal tea that is somewhat similar to hibiscus tea.



All of our teas can be ordered online and shipped anywhere in the United States.

Visit [www.TradeWind.Coffee](http://www.TradeWind.Coffee) for more detailed information on all of our available teas.

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## STORAGE

Tea should be stored in an airtight container protected from sunlight and strong smelling odors like coffee and spices. When properly stored, tea will stay fresh for at least nine months to one year. After that time the tea will not go bad, but it will start to lose some of its complexity and robust flavor. Keep in mind that green teas will fade faster than black teas. Dark and puer teas are the exception to the rule. They should be stored in a container with some air flow. Like great wines, they will continue to improve with age.

## SEASONALITY

Tea, like wine, is a seasonal agricultural product. Each growing season brings a whole new crop of never before tasted teas onto the market. Sunlight, rainfall, and even the time of day the tea is harvested all contribute to the final flavor profile. The down side of seasonality is that it is impossible to re-create any tea. Once it's gone, it's gone forever.