



Organic Equivalency



Ethical Associations Environmental Policies



Food Safety and Product Protection Certifications

LE1309

## PEONY WHITE NEEDLE (Very Rare China White Tea)

**Small Batch Blended and Packed in Canada at The Metropolitan Tea Company. HACCP Certified.**

<b>Ingredients From:</b>	China
<b>Region(s):</b>	Fujian Province
<b>Shipping Port(s):</b>	Fuzhou
<b>Grade(s):</b>	Bashan Silver Tip Peony
<b>Growing Altitudes:</b>	1500 – 4900 feet above sea level
<b>Manufacture Type(s):</b>	Non fermented, Traditional process, Naturally withered and dried, Small batch crafted, Hand sorted.
<b>Cup Characteristics:</b>	This delicate white tea has a clean taste faintly reminiscent of fresh apples. Refreshing with a lovely, lingering flavor.
<b>Infusion:</b>	A shimmering clear infusion
<b>Luxury Ingredients:</b>	White tea

### Information:

The production of white tea is very different to green tea. Firstly the leaves come from a special varietal tea bush called Narcissus or chaicha bushes. Secondly the leaves are not steamed or pan-fired, as is the case in green tea. These leaves are withered and dried naturally under semi-controlled conditions. If mechanical drying is required the leaves are baked (not fired) at temperatures less than 40°C. Thirdly only special leaves are selected. These leaves must show a very light green almost gray white color and be covered with velvet peach fuzz down. The ideal is a leaf or two being wrapped around a newly developing shoot. These shoots are plucked and segregated from the rest of the leaf being plucked. These leaves are then naturally withered and the painstaking process manual sorting to select the long ‘furry’ white tip occurs.

Peony White Needle Tea is the top grade available and very rare - hence its high cost. You will see the long white needles covered with furry down and a very uniform appearance – hallmarks of very rare white tea. These are the rules for picking Peony White Tea:

- Only picked between March 15 and April 10.
- Not picked on days that may be raining
- Not picked if the dew has not dried or if there is frost on the ground
- No purple buds allowed and the stems must not be too long or too short.
- Leaves damaged by wind, handling, insects or partially open are rejected and put into a lower grade.

The western cosmetic industry has recently discovered the benefits of white tea. In addition to its anticancer properties, tea has a calming and detoxifying effect on the skin. White tea is especially potent in that it has three times as many antioxidant polyphenols as green or black tea and has been shown to be 100% more effective in mopping up free radicals that cause skin to sag. Some of the world’s top cosmetic companies are becoming very interested in white tea for skin creams and the result is that high grade white tea is becoming even more rare than before.

### Hot tea brewing method:

**Traditional method** (see note below): When preparing by the cup, this tea can be used repeatedly - about 3 times. The secret is to use water that is about 180°F/82°C. Place 1 slightly heaping teaspoon in your cup let the tea steep for about 3 minutes and then begin enjoying a cup of enchantment - do not remove the leaves from the cup. Adding milk and sugar is not

recommended. Once the water level is low - add more water, and so on and so on - until the flavor of the tea is exhausted. Look at the pattern of the leaves in the brew, not only do they foretell your fortune but you can see the bud and shoots presenting themselves, looking like they are about to be plucked.

**Modern Method:** Bring filtered or freshly drawn cold water to a rolling boil. Place 1 slightly heaping teaspoon of loose tea, 1 tea bag or 1 Q3 single serve packet 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). Adding milk or sugar is not recommended.

*Note: Traditionally, the recommendation has been that green tea be brewed at 180°F/82°C. Regretfully, modern society makes it necessary to consider that water may not be free of harmful bacteria and other impurities. Therefore you need to boil water to kill bacteria. If you wish to use traditional brewing temperatures bring the water to a boil and allow it to cool to the desired brewing temperature – it's the food safe thing to do!*

**Iced tea brewing method (Pitcher):** (to make 1 liter/quart): Place 6 slightly heaping teaspoons of loose tea, 6 tea bags or 6 Q3 single serve packets into a teapot or heat resistant pitcher. Using filtered or freshly drawn cold water, boil and pour 1¼ 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 leaves or removing the tea bags. 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):** Place 1 slightly heaping teaspoon of loose tea, 1 tea bag or 1 Q3 single serve packet 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 leaves or removing the tea bags. Not all of the tea will fit, allowing for approximately an additional ½ 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!)

**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:**

More antioxidants are extracted from tea (*L. Camellia Sinesis*), or rooibos (*Asphalatus Linearis*), the longer it is brewed...and the more tea or rooibos that is used, the greater the antioxidant benefit.

**FOOD SAFETY ADVISORY:**

While white tea is traditionally brewed using 180°F/82°C water, 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.

**Ideal Brewing Temperature: 100°C/212°F. Minimum Brewing Temperature: 90°C/194°F.**