

The Kindred Spirit



Green Gables Tea Room

Tea Brewing Guide

Tea Type	Water Temperature	Brew Time
White	175	3 Minutes First Steep*
Green	175	3 Minutes First Steep*
Oolong	180-190	3 Minute First Steep*
Black	Boiling	4:20 Minute Steep**
Herbal (Rooibos)	Boiling	5 Minute Steep
Herbal (Mate)	Boiling	7 Minute Steep

* Add an additional 30 seconds to 1 minute for each additional steep. You can reuse the leaves several times, according to your taste preference.

** Darjeelings should not be brewed longer than 3 minutes.

Tea Type	Measure
White	2 tsp. per 6-oz cup, plus one for the pot
Green	2 tsp. per 6-oz cup, plus one for the pot
Oolong	2 tsp. per 6-oz cup, plus one for the pot
Black	1 tsp. per 6-oz cup, plus one for the pot
Herbal (Rooibos)	1 tsp. per 6-oz cup, plus one for the pot
Herbal (Mate)	1 tsp. per 6-oz cup, plus one for the pot

Note: This is only a rough estimate. Your taste should be your guide.

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