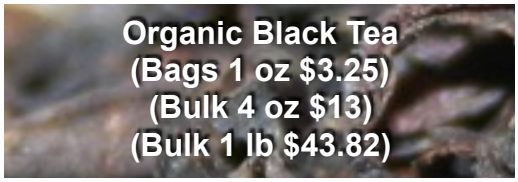
Cold Brew: Black Tea

Black Tea facts*:* White, **black** and green tea come from the same plant *(camellia sinensis)*. The difference between them is the way in which they are harvested and prepared, so they all have many of the same chemical properties and health benefits. A notable difference is that **black tea** has more caffeine and a bolder flavor than white and green teas. Want to make a couple proper cups of warm **organic black tea**? Simply steep one bag (or 1 teaspoon loose leaf) 5 minutes in a cup of purified water. To brew a gallon, steep a heaping cup loose leaf organic black tea in a gallon of purified water.





How to Strain Loose Leaf Tea

I'm a pro at brewing tisane now, but in the beginning I caught all types of trouble trying to strain loose leaf tea. Since then, I've developed this simple method that'll leave you only with clean, drinkable tea. And you can use this method whether making one cup or one gallon.

You'll need: 3 or 4 tablespoons purified water - a fine mesh strainer - a measuring cup - a paper towel

Directions: Dampen the paper towel with the purified water. Squeeze any excess water out and carefully open the paper towel. Line the fine mesh strainer with the damp towel. Prop that on the measuring cup. Pour the loose leaf tea into the lined mesh strainer. Only the clean, drinkable liquid will exit into the measuring cup. You can press the wet herb to squeeze out all the liquid, but I normally just let it drain until it's virtually dry.

Richard's Cold Brew Black Tea Recipe

You'll need: 1 tablespoon and a teaspoon **organic black tea** - 4 to 4½ cups cold purified water - one quart mason jar with cover- one 4 cup measuring cup - 1 tablespoon organic local, raw honey

Directions: Pour about 2 cups cold purified water over the **black tea** in the mason jar and allow to steep at least 3 hours. Strain into measuring cup. (See **How to Strain Loose Leaf Tea**) Throughly rinse the jar then pour the strained tea into it. Add in local, raw honey. Cover the jar and shake until the honey is completely dissolved. Use approximately 2¼ cups purified water to fill the quart jar the rest of the way. Tightly cover your jar and place in the back of the refrigerator to chill at least 4 hours.



Want to make a gallon? Just use a heaping cup of **organic black tea**. When you strain the tea, mix in ¼ to ½ cup local, raw honey and pour that mixture into a wide mouth gallon sized jar with a cover. Fill it up the rest of the jar with cold, purified water, cover and chill in the back of the fridge for at least 4 hours.

Organic Black Tea is in stock. Be swift about contacting me and place your order today! ***All my teas and spices are certified organic unless otherwise specified.*** Email nicolechavous@me.com

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