

## IT IS YOUR CHOICE

### Tea Brewing Guide

tea type	taste	caffeine (mg/cup)	tsp/ grams	tsp/ grams	temp	time for western method	time for eastern method
Green Tea	Smooth, fresh & delicate	23-35mg	1 - 1.5tsp 5 - 7.5g	2 - 3tsp 10 - 15g	70-85°C	45 s - 1 min	3 infusions 20-40s/each
Flavoured Green Tea	Sweet, fresh & delicate	23-35mg	1 - 1.5tsp 5 - 7.5g	2 - 3tsp 10 - 15g	80°C	2 min	3 infusions 20-40s/each
Oolong Tea	Delicate, fruity & sweet	30-50mg	1 - 1.5tsp 5 - 7.5g	2 - 3tsp 10 - 15g	85-95°C	3 min	5/6 infusions 30-60s/each

At Reaching Out, we use the highest quality standards to select and prepare our tea and proudly bring to you only the very best in taste and quality.

- Vietnamese Organic Green Tea
- Oolong Tea: Private Production
- Country Jasmine Green Tea
- Organic Red Lantern Herbal Tea
- Organic White Lantern Herbal Tea
- Snow Mountain Green Tea of Vietnam
- Tastes of Vietnam 4 Organic Tea Sampler

+84 (0) 235 3910 168

[info@reachingoutvietnam.com](mailto:info@reachingoutvietnam.com)

[reachingoutvietnam.com](http://reachingoutvietnam.com)

tea type	taste	caffeine (mg/cup)	tsp/ grams	tsp/ grams	temp	time for western method	time for eastern method
Black Tea	Strong, sweet & smoky	30-48mg	1 - 1.5tsp 5 - 7.5g	2 - 3tsp 10 - 15g	90-98°C	2-3 min	3 min infusion
Herbal Tea	Varies	None	1.5 - 2tsp 7.5 - 10g	2 - 3tsp 10 - 15g	100°C	5 - 6 min (hot) 8 -15 min (iced)	5 - 7 min (hot) 15 - 25 min (iced)

Hot Tips:

- If stronger flavor is desired, add more tea, not time. Highlighted teas will taste bitter if infused longer than the suggested time.
- When making iced tea, follow iced tea measurement, time and temperature, then dilute over ice
- If brewing 2 or more teas together, follow instructions for the tea with the shortest time and lowest temperature.
- After you have opened your bag, transfer your loose leaf tea to an opaque, airtight container to maintain maximum freshness, away from strong-smelling items.

Download more brewing guides at [reachingoutvietnam.com/brew](http://reachingoutvietnam.com/brew)