

Green Teas (Beverage)

Interesting facts: China was first to discover the tea's health benefits. Good quality green tea leaves are processed within two hours after harvest.

How to select: Green tea plants are known to be especially effective at absorbing lead from the soil, which is then taken up into the plant's leaves. Areas with excessive industrial pollution, such as China (where nearly 90% of the world's green tea is produced), may therefore contain substantial amounts of lead. Green tea from Japan is a better choice. Teas that are not certified organic are often air dried without rinsing, meaning that synthetic chemicals are dried on the leaf, and may end up in your cup. This can affect the quality of the tea and pose potential health risks. So buy organic only.

How to consume: White or green teas (full leaf): Use hot water well below boiling (170-185°F or 76-85°C). First bring filtered water to a boil, then remove from heat and let the water cool for about 30 seconds for white tea and 60 seconds for green tea before pouring it over the leaves. Steep for 2-3 minutes.