



TEA LOVERS HANDBOOK



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R.
R O L E A F

tea 茶

Camellia sinensis: The original tea plant (also known as Chinese tea). Common names are "tea plant" and "tea tree". Grows in the form of a shrubs or small trees in moderate climate zones and is even capable of surviving frost.

Tea growing regions: The main regions of the world are China, Ceylon, Japan, Taiwan, Vietnam, India, Indonesia, Kenya, Malawi, Bangladesh, Russia, Iran, Turkey, Uganda, Tanzania, Argentina.

Tea Origin in Malaysia

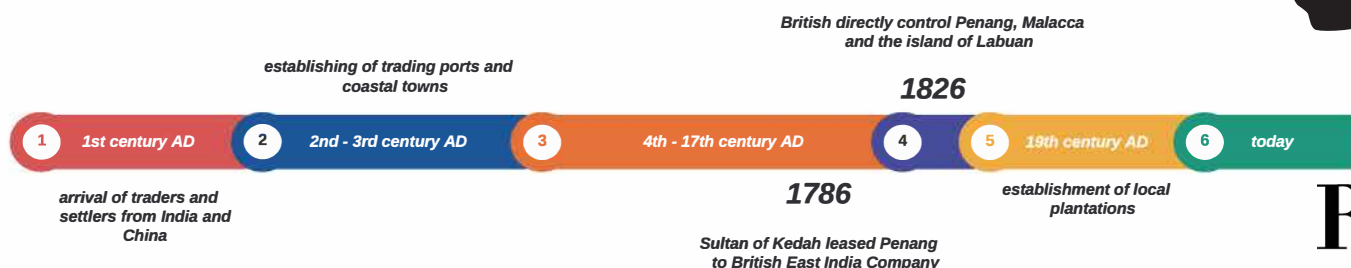


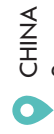
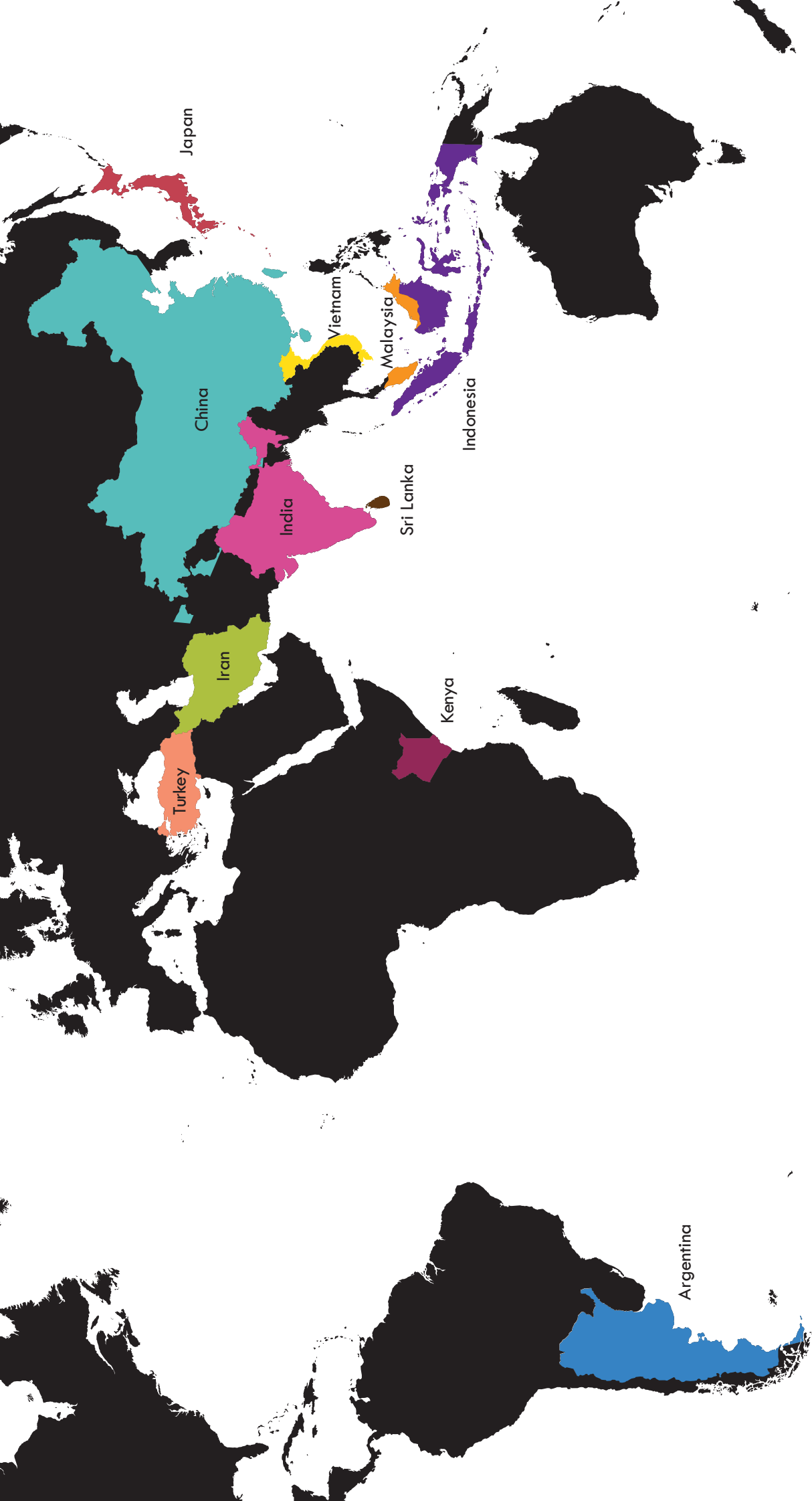
Malaysia is a country in South East Asia whose strategic sea-lane position brought trade and foreign influences that fundamentally influenced its history.

Traders and settlers from India and China, two of the largest tea-producing country, arrived as early as the 1st century AD, establishing trading ports and coastal towns in the 2nd and 3rd centuries. Their presence resulted in long, strong and established influence on the local tea drinking cultures.

In 1786 the British Empire established a presence in Malaya, when the Sultan of Kedah leased Penang to the British East India Company. The company rose to account for half of the world trade, particularly trade in basic commodities that included tea from the Indian subcontinent and Qing Dynasty of China. By 1826, the British directly controlled Penang, Malacca, and the island of Labuan, strategic trading settlements along the Straits of Malacca.

By the early 19th century, the British influence has greatly contributed to the establishment of local plantations, giving to all who stepped by this blessed country, a precious privilege to sip teas from the all continents of the world.





CHINA

Some of the popular Chinese tea varieties comprises of Oolong, Tie Kuan Yin, Pu-Erh, Long Jing, Liu Bao, Shui Xian.



JAPAN

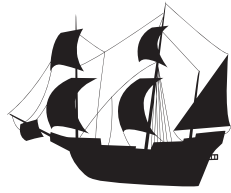
Tea from Japan includes Ryokucha, Matcha, Hojicha, Genmaicha, Oolongcha, Koicha.



SRI LANKA

Assam, Darjeeling, Ceylon is part of the Sri Lanka tea family.

Tea Bag



In 1907, American tea merchant Thomas Sullivan began distributing samples of his tea in small bags of Chinese silk with a drawstring. Consumers noticed they could simply leave the tea in the bag and reuse it with fresh tea. However, the potential of this distribution/packaging method would not be fully realised until later on. During World War II, tea was rationed in the United Kingdom. In 1953 (after rationing in the UK ended), Tetley launched the tea bag to the UK and it was an immediate success.

Tea leaves are packed into a small envelope (usually composed of paper) known as a tea bag. The use of tea bags is easy and convenient, making them popular for many people today.

Roleaf tea bags are packed in various shapes of tea sachets made from nylon material, which allows more room for tea leaves to expand while steeping, bringing out its finest taste and fragrance for your enjoyment.



Loose Leaves

Prior to the Ming Dynasty (1368-1644), tea leaves have been not steeped at all. The previous system integrated taking compressed bricks of leaves and softening them by fire, and then grating the particles into boiling water. It wasn't till the Ming Dynasty that the leaves started to become steeped or soaked in hot water like right now.

Tea leaves can be packaged loosely in a canister, paper bag, or other container such as a tea chest. Some whole teas, such as rolled gunpowder tea leaves, which resist crumbling, are sometimes vacuum packed for freshness in aluminised packaging for storage and retail. The loose tea must be individually measured by the consumer for use in a cup, mug, or teapot. This allows for flexibility and flavor control, letting the consumer brew weaker or stronger tea as desired, but some convenience is sacrificed compared to newer methods such as tea bags. Strainers, tea balls, tea presses, filtered teapots, and infusion bags can be used to prevent loose leaves from floating in the tea and over-brewing. Alternatively, some tea infusers, sized for a single person and resembling a small metal basket on the end of a spoon's handle, may be used to brew one cup of tea at a time.

At Roleaf, we have a wide array of loose leaf teas – ranging from Oriental to Western to cater for your taste and needs.



TEA BREWING INSTRUCTIONS

			 hot	 iced	
Type		Temperature	tsp (5g/8oz)		Steep Time
		°C	250ml		minutes
	White Tea	75-80	1.5	3	2-3
	Yellow Tea	70-75	1	2	1-2
	Green Tea	75-80	1	2	1-2
	Oolong Tea	85-90	1	2	3-4
	Pu Erh Tea	95-100	1	2	3-5
	Black Tea	97-100	1	2	3-5
	Rooibos Tea	98	1.5	3	5-6
	Herbal Tea	98-100	1.5	3	3-6
	Fruit Tea	98-100	1.5	3	6-8
	Blooming Tea	83	1 ball	2 balls	3-4 until bloomed

General Guidelines

- A cup usually holds up to 250ml. For pots that hold up to 12 cups (3 liters), add an extra tsp of tea.
- The darker the tea, the hotter the water needed, the longer the brewing time.
- White, green and black teas taste bitter if infused longer than the suggested time. For stronger flavor, add more tea, not time.
- For blends of 2 or more teas together, follow instructions for the tea with the shortest time and lowest temperature.

Black Teas

More oxidized than the other types of teas, Black Tea is one of the most commonly drunk tea. Some of the renowned black teas are Earl Grey Tea, English Breakfast Tea, Darjeeling Tea and various others.

Pu Erh: Pu Erh is a strong-flavored tea from the province of Yunnan, China. It gets its name from the town of Pu Erh, via which it is sold. It has a very earthy and robust aroma. Pu Erh is produced according to highly traditional methods similar to those used approximately 2000 years ago in China.

Brewing Time: 3 to 4 minutes

Brewing Temperature: 100° C



Green Teas

Green tea is made by steaming freshly harvested tea leaves. With minimal oxidation, green tea contains more antioxidants than fermented teas. Green tea is already recommended in ancient Japanese textbooks, e.g. to improve concentration. Today, its healing powers are the subject of much scientific research.

Tip: There are higher antioxidants in brewed hot tea, less in instant preparations and iced and ready-to-drink teas.

Brewing Time: 2-3 minutes

Brewing Temperature: 80° C



Oolong Teas

Oolong is a semi-fermented tea produced through a unique process of withering and oxidation prior to curling and twisting. Its secret lies in the fermentation of the leaf's outer edges, while the heart of the leaf remains unfermented. The extent of oxidation of the teas will produce very different taste and aroma. Oolong tea is very popular among the Chinese community in south China and Southeast Asia. Some of the most famous Oolong teas are such as Tie Kuan Yin and Da Hong Pao.

Brewing Time: 1 to 2 minutes

Brewing Temperature: 80° C



Herbal Teas

Non-caFFEinated herbal teas or blends of fruit teas mixed with different types of teas.

Herbal: Herbal teas have been treasured and recommended for their beneficial effects on the nerves and internal organs since the ancient civilisations. However, these remedies from "God's apothecary" are not as oftenly easy to blend in terms of taste. Once again, it is a case of finding the right mix.

Fruit Tea: Generally, the basic ingredients of fruit tea are apple, hibiscus and rose hip. However, in recent times, more types of ingredients have been used to create exciting new flavours. The ingredients can be varied to obtain any flavour and appearance.

Decaffeinated tea: The decaffeination of black tea can be performed in 3 different ways: with methylene chloride, ethyl acetate or carbon dioxide. These substances are used to extract the caffeine (from the tea, and are in turn also extracted with the aid of steam to render the tea drinkable again. The carbon dioxide method is the natural way to "decaf" a tea.

Brewing Time: 4 to 5 minutes

Brewing Temperature: 100° C

Matcha

Japanese green powdered tea are harvested from shade-grown tea leaves which are high in chlorophyll levels, Matcha has a complex and rich taste with smooth finishing. Highly recommended for its tremendous health benefits.

Matcha bowl and whisk: A handleless porcelain or ceramic bowl and whisk (chasel) is used in the Japanese tea ceremony to prepare the matcha tea in the bowl. The ceremony is an important spiritual ritual in Japan.

Brewing Time: 1 to 2 minutes

Brewing Temperature: 80° C

