



## Choose Your Green

Many people who think they know what green tea tastes like may be basing their impression on a single encounter — most likely with the restaurant standard China green. Since green tea designates a processing method, not a plant, green tea has about as many tastes as there are *Camellia sinensis* bushes — then multiplied by differences in environments, weather, times of picking and other factors. (And that’s without considering the blending of teas and other ingredients.)

The differences between the delicate, bright flavor of Sencha and the nutty, robust flavor of Hojicha are not subtle. Bancha is pleasantly bitter and bright. Dragonwell is rounded and full-flavored. Gunpowder has a nuance of smokiness from the fired drying process it undergoes. All green teas have their own distinct flavor profiles that a single descriptor like “green” doesn’t do justice to.

Also listed among green teas, there are a number of uniquely crafted blends and flavored teas. There’s the nutty sweetness of Genmaicha, with its toasted rice blended in. And there’s the spiciness of green chai, with its cardamom, ginger, fennel and cinnamon. No one is likely to confuse the two most popular scented green teas, either: Earl Grey, with its spray of bergamot oil, and jasmine tea, which is infused with the natural scent of jasmine flowers during drying.

For most of us, getting to know the taste of green tea is going to take a lot of flavorful exploration.

## Buying and Storing for Quality

Loose-leaf tea is superior for flavor because the whole, intact leaves retain more of the components of the natural leaf, which can be lost during the cutting and sifting of tea that goes into tea bags. During infusion, these leaves unfurl and release their full aroma, taste and goodness into the cup. Many of the finest teas are available only as

loose tea. Buying loose teas in bulk makes it easy to try a wide variety of teas and find those that best suit your taste.

After buying good tea, you can maintain its quality by storing it as you would herbs or spices — in airtight glass or metal containers in a cool, dry place.



Frontier stands apart for its high-quality loose teas that are ethically and sustainably sourced. Frontier’s diverse selection of carefully selected loose-leaf teas provide the best that the tea plant, *Camellia sinensis*, has to offer. Every shipment of tea receives careful visual inspection and a thorough cupping (tasting). Our teas provide a clean, even leaf and an infusion that yields great color, aroma and flavor every time.

Since 1976, Frontier has been committed to ethical sourcing. We have a wide selection of Fair Trade Certified™ teas, which means that the garden where the tea is grown meets specific standards for the wages, living situation, and working conditions of its pickers. With every tea purchase, a premium goes back to the tea workers’ community to improve their lives. This premium funds projects such as hiring schoolteachers, building health clinics and bringing water and electricity to remote villages.



**NEW LEAF PAPER®**  
ENVIRONMENTAL BENEFITS STATEMENT  
of using post-consumer waste fiber vs. virgin fiber

Frontier Natural Products Co-op saved the following resources by using 2940 pounds of Imagination, made with 100% recycled fiber and 100% post-consumer waste, processed chlorine free, designated Ancient Forest Friendly™ and manufactured with electricity that is offset with Green-e® certified renewable energy certificates.

trees	water	energy	solid waste	greenhouse gases
35 fully grown	16491 gallons	16 Million BTUs	1104 pounds	3041 pounds

Calculations based on research by Environmental Defense Fund and other members of the Paper Task Force.  
www.newleafpaper.com



Connect with us on Facebook, Twitter, Pinterest, Instagram, and Youtube.  
**1-800-786-1388 www.frontiercoop.com**



# savvy

## Green Tea

EXPLORE:

Green Tea Variety

Making the Most of Green Tea

Frontier Tea Sourcing



[www.frontiercoop.com](http://www.frontiercoop.com)



## What Is Green Tea?

Like all true teas (black, oolong, green, white), green tea comes from the leaves of the evergreen plant *Camellia sinensis*. The various types of teas result from the different processing the leaves undergo.

Green tea doesn't undergo the processing given black tea, which converts simple flavonoids into more complex aroma and flavor compounds. In this way, green tea is closer to herbal teas that are brewed directly from the dried leaves of the tea plant.

Green tea leaves are plucked, withered, rolled and dried before the curing or oxidation that's typical of black and oolong teas takes place. As a result, green tea possesses a uniquely fresh, grassy, vegetal flavor, and more of the antioxidants (catechins) associated with tea leaves are preserved.

Black and green teas both contain similar amounts of flavonoids, but these differ in their chemical structure. Green teas have less caffeine than black teas and higher levels of simple flavonoids, which are altered by the oxidation and enzymatic reactions that occur in black tea processing.

### A Word about Oolong

Oolong tea falls squarely between being a black tea and a green tea. It's partially oxidized after the fresh leaves are plucked and withered, giving it some black tea characteristics. Then a quick drying preserves much of the flavor and aroma of the green leaf. Oolong has slightly less caffeine than black tea, but slightly more than green teas.



Learn more about our tea sourcing at [www.frontiercoop.com](http://www.frontiercoop.com)

## Making the Most of Green Tea

### Brewing Green Tea

Green tea is, in general, a bit more delicate than black tea. The best method is still to pour heated water directly over the tea (about a teaspoon of tea leaves per cup of water) — but for green tea, pour the water when it's heated to the point where bubbles just begin to form rather than after it has begun to boil. Also reduce the steeping time slightly — three to four minutes is ideal.

The flavors of green tea work well in tea-blended beverages, too. Here are a couple of beverage recipes that enhance their taste with green tea.

### Beyond the Beverage

Teas of every variety can be used as a food ingredient, but the fresh, vegetal flavors of green tea make it especially suitable.

The simplest way to bring green tea flavor to your cooking is to substitute freshly brewed tea in recipes calling for water. You can find specific recipes on this, but — given your personal tastes and the wide variety of teas available — the key here is experimentation. Add tea to broths, soups and stews (green teas are especially good with chicken and seafood). Cook vegetables in tea or use tea to cook rice.

Tea can also be used to marinate grilled fare — and tea leaves are sometimes used on the grill to create tea-smoked meats and tofu. You can even include the brewed loose-leaf tea leaves in veggie dishes and rice toppings.

For more complex recipes — ethnic dishes (tea eggs!), cakes, ice creams and such — it might suit you better to use a recipe or instructions for the first go-round and then customize on your own from there.



## RECIPES

### Green Tea Strawberry Smoothie

This is a quick and easy tea-based strawberry smoothie that refreshes and satisfies.

#### INGREDIENTS:

**Tea**  
2 3/4 cups water (22 ounces)  
3 tablespoons green tea

**Smoothie**  
16 ounces frozen strawberries  
1 cup whole milk Greek yogurt  
2 to 4 tablespoons honey

#### DIRECTIONS:

- Two to three hours before making the smoothie, heat water until bubbles begin to form, pour over the green tea, and allow to steep for 3 minutes. Remove the tea from the water and place in the refrigerator to chill.
- In a blender, combine frozen strawberries, Greek yogurt, chilled green tea, and 2 tablespoons of honey. Blend until well combined, taste, and add more honey if desired. Divide into glasses and serve immediately.



### Jasmine Tea with a Punch

A touch of jasmine provides an exotic nuance to this spicy punch.

#### INGREDIENTS:

1/2 cup sugar	3 cups green jasmine tea, prepared and strained
1 cup cold water	1 orange, juiced
1 1/2 teaspoons whole cloves	1/2 cup unsweetened pineapple juice
1 cinnamon stick	
2 tablespoons lemon juice	

#### DIRECTIONS:

- Combine sugar, water, cloves and cinnamon stick in a small heavy saucepan. Bring to a simmer. Add tea, spices and fruit juices. Simmer 5 to 10 minutes. Serve hot or cold.