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THE DEFINITIVE GUIDE
TO COLD BREW TEA:
*How-To, Health Benefits,
and Recipes*

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You can begin enjoying fresh, healthy teas in as little as 10 minutes from now!

THE TEA SPOT is a philanthropic business producing handcrafted teas and Steepware® - the tools that make loose tea easy. The Boulder, Colorado- based company's mission is to foster health & wellness by making loose leaf tea an everyday luxury. Ten percent of all sales are pledged in product donations to cancer and community wellness programs. For more visit TheTeaSpot.com



WHY EVERYONE'S COLD BREWING

No tea kettle? No timer? No measuring spoon or gram scale? No problem!

Tea is so simple, really - just leaf and water - yet the variety and complexity of tea types and the precision required in many traditional brewing methods can steer people away from premium teas. Anyone who's tasted the bitterness of a fine green tea steeped for 30 seconds too long, or in water that's 10 degrees too hot, might appreciate the liberating aspects of cold brewing.

The cold brew method is the easiest way to enjoy many teas. The slower process of brewing in cold water results in a simpler and purer extraction than hot brewing. When you bring your dried tea leaves in contact with hot or boiling water, they're extracted much faster and more completely, but this process also transforms some of the active ingredients as it extracts them. **Cold brew teas have been shown to have lower levels of caffeine, reduced bitterness, & heightened aroma¹.** Because they're chemically different, cold brew teas may also have a slightly different flavor profile, which for many teas results in a smoother and less astringent taste.

Cold brewing a fine loose leaf tea is easier than hot brewing it. When you use cool water, the leaves infuse more slowly and you don't run the risk of oversteeping your tea into a bitter mess.

It might also be shocking to hear that most bottled iced teas have extremely low polyphenol content, because once brewed, polyphenols are simply not shelf stable². The good news is that the **antioxidant levels in fresh cold brewed teas are the same or better** (especially in the case of white tea) than fresh hot brewed teas³.

*It's not just for
the unskilled
and the lazy...
Cold brew tea
can actually be
better for you!*

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HOW-TO COLD BREW

Nothing could be simpler... you can cold brew loose leaf tea in the refrigerator using cold water and a pitcher, mason jar, or water bottle. You can also **cold brew fresh tea on-the-go** using a cold brew bottle, like Steep & Go™.

Because cold brewing is a more forgiving process, proportions and steeping times aren't as critical as when you're hot brewing. Cold brew produces a **well-balanced iced tea without bitterness or clouding**. The same cold brewing method works well for many teas - including green teas, white teas, oolong teas, and many herbals.

Brew at Home

1. Add 2 heaping Tablespoons loose leaf tea to 32oz fresh cold water in pitcher or mason jar.
2. Steep for at least 2 hours in the fridge, or for 10-30 minutes at room temperature.
3. Strain the leaves out to serve. Enjoy straight or serve over ice.

Brew On-the-Go

1. Add 2 - 3 pinches loose leaf tea to a cold brew bottle, like Steep & Go™, with 20 oz of cold or room temp water.
2. Wait 10 - 15 minutes. Shake on occasion to mix the brew.
3. Pop the lid and enjoy!

A word of caution for cold brewing herbals: non-tea ingredients, like herbs or dried flowers, have not gone through the same high-heat processing step as teas, which kills bacteria. So if you're not sure of the source or the cleanliness of your herbs, it's best to give them a hot water rinse before you cold brew.

Also, **don't keep your cold brew bottle with herbals in direct sun** for an extended time, and drink any tea you brew on-the-go within 6 hours.

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THE BEST TEAS TO COLD BREW

White Teas

This stellar category of tea has been shown to yield appreciably **higher antioxidant properties when cold brewed vs. hot**³, so they get the number one spot here. In addition, the flavor of a white cold brew tea is silky smooth and sweet on the palate, extremely low in caffeine, and highly rehydrating. Try White Peony tea (Bai Mu Dan), Silver Needles, or a blend like Meditative Mind.

Green Teas

While all green teas are good candidates for cold brewing, Japanese greens are our favorite! Try Sencha, Genmaicha, Houjicha, or a blend like Thin Mint Green. They're perfect for **increased energy and mental focus**, and **boosting metabolism for endurance sports & weight management**. Matcha's an ideal pick for cold brewing, and ready to drink in seconds!

Oolong Teas

You only need the smallest amount of oolong tea to go a very long way in a cold brew. Just about any type of oolong - including high mountain dark roast oolongs, Tie Guan Yin oolongs, or flavored oolong blends will make for an exquisitely flavorful, satisfying, & healthful cold brew.

Yerba Mate

Green (as opposed to roasted or aged) Yerba Mate is our preference here. You'll marvel at the smooth and grassy flavor it infuses. Experiment by blending this energetic base with different fruits & herbs for variety.

Herbals

Many herbals, both fresh and dried, infuse beautifully in cold water. Some of our favorites are mint, ginger, chamomile, hibiscus, licorice, lavender, rosebuds, lemon myrtle, and rosemary.

The healthiest tea to cold brew is whatever your favorite tea is, because that's the one you'll drink the most!



ADDING FRUITS & HERBS

Another way to add natural flavor, vitamins and antioxidants to your water - without added sugar or artificial ingredients - is to infuse them with fresh fruits, roots, and herbs. These flavors can also add a beautiful and delicious touch to your cold brew teas. Here we include some of our favorite flavors and combos. Using your culinary imagination you too can **start making your own natural delicious energy drinks**. They'll add flavor to a pitcher of tea at home, or in a cold brew bottle on-the-go!

FLAVOR ACCENTS

Mint - chocolate mint is the best!

Lavender - the **ultimate spa water**

Lemon - the **natural cleanse**

Strawberries - pure and sweet

Cucumber - crisp and sophisticated

Apples - tart, sweet, and wholesome

*Muddle -
(lightly mash)
fresh herbs before
adding them to
your water, so
they'll release
maximum flavor.*

RECIPE COMBOS

Cold brew **Yerba Mate** with diced pineapple and crushed ginger

Cold brew **Peppermint** with sliced rounds of cucumber & lime

Cold brew **Sencha Green Tea** with cubed watermelon and basil leaves

Cold brew Monkey-Picked **White Tea** with diced pineapple & rosemary sprigs

TOP 10 REASONS TO BECOME A COLD BREW FANATIC

1. **You'll make tea like a pro** - no strict measuring or timing required
2. **It's so easy** - you don't even need to boil water
3. **You can brew it anytime** - even when you don't have electricity
4. **You can brew it anywhere** - while on a mountain trek or on your commute to work
5. **You'll save money** - it's a fraction of the cost of a bottle of iced tea... and cold brew tea leaves are generous - just add more water to make more tea
6. **You'll love the health benefits and peace of mind** of knowing what's in your drink - it has more antioxidants than hot brewing & bottled tea. Plus, it's full of only healthy ingredients because you put them there yourself!
7. **It's sustainable, energy efficient, and good for your garden** - you don't need electricity, you're not left with an empty bottle to dispose of, and the used leaves are compostable
8. **It's versatile and creative** - make any tasty concoction you can imagine
9. **It's a conversation starter** - you'll be the first kid on your block doing it, and it looks cool!
10. and best of all... **You'll love the taste!** - smooth, flavorful, & never bitter

Sip happy and drink to your health!



REFERENCES

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