

## A GUIDE: THE BEST TEA FOR BEGINNERS

Do you sometimes feel perplexed by the world of tea? It's not just you. It's challenging for millions of new tea consumers to understand the fundamentals. It might be overwhelming for those who are new to consuming tea, from selecting tastes to using competing brewing methods.

We'll now walk you through the various tea varieties and suitable brewing techniques using the appropriate teaware. This will make it simple for you to choose and prepare the ideal cup of tea for your preferences.

### Different Types of Tea (beginners)

#### 1. Green Tea

- Characteristic - Green tea is made in many ways utilizing the *Camellia sinensis* plant. The plant's leaves are steamed, pan-fried, and dried to make green tea. For thousands of years, tea has been utilized as a medicine in China and Japan.
- Flavor - Green tea's flavor can be anything from grassy and earthy to umami and floral. While roasted or pan-fired green teas tend to be nuttier and more earthy, steamed green teas typically have a vegetal or herbaceous flavor. [Green tea](#) is sometimes referred to as buttery, floral, and oceanic.
- Brewing Procedure - It's critical to utilize the right water temperature when making green tea. Tea will taste bitter because boiling water makes it so. Use water that is between 175 and 185 degrees Fahrenheit instead. For every 8 ounces of water, steep one teaspoon of green tea leaves for three to five minutes.

#### 2. Oolong Tea

- Characteristic - Oolong teas are considered semi-oxidized teas and are mostly manufactured in China and Taiwan. This implies that the tea leaves' enzymes are given the opportunity to interact with oxygen, resulting in a chemical reaction that darkens the tea leaves and changes the tea's flavor.
- Flavor - Mildly oxidized oolongs are lighter and more flowery, whereas heavily oxidized oolongs have a harsher, earthier flavor. Oolongs with a lighter body have notes of sweetness and flowers. [Oolong](#) which is darker has a robust body, toasted overtones, and a protracted finish.
- Brewing Procedure - For a single serving of oolong tea, which is typically 6 to 8 ounces, use 1 teaspoon or 2 grams of the tea. The ideal water temperature for brewing oolongs is between 180 and 200 degrees Fahrenheit. Depending on the flavor you want, steep the leaves for anywhere from 1 to 5 minutes. It's a good idea to taste the brew every 30 seconds or so to select your ideal cup because oolongs' flavor and body increase with longer steeping times.

#### 3. Herbal Teas

Herbal teas are produced using plant materials from plants other than the tea plant. These plants come in a variety of forms, such as flowers, herbs, spices, and roots. The plant pieces combine nicely with both real teas and sweets and are infused in boiling water. Herbal teas lack caffeine and are particularly well-liked when served cooled.

a.) Chamomile

- a well-known nighttime tea and is renowned for its naturally relaxing effects. This herbal tea tastes somewhat like fresh green apples. You can relax with a cup of [Chamomile tea](#) after a difficult workday because it pairs beautifully with honey and lemongrass.

b.) Hibiscus

- a floral tea that makes you think of tropical places like Fiji and Hawaii. With undertones of sweet and acidic aromas, the tea transports your senses on a journey. The [Hibiscus tea](#)'s rich magenta color when brewed also makes it ideal for holding backyard tea parties.

### **Perfect Teaware for Beginner**

It is beneficial to have the proper equipment available when brewing tea. A beginner tea enthusiast will benefit greatly from a reusable tea strainer and infuser. For brewing, you should use robust tea wares like [Ikamu bottle](#). Although you can drink tea from any cup you happen to have to lie around, some teas taste better in specific mugs. In addition, a bottle infuser is also a great way to start your tea journey. Aside from its convenience, you can also bring it anywhere you like.

### **Tea Beginner Bundle**

Check out our Lifestyle Tea Bundle if you need a little additional assistance to get going. You may make your first cup of tea with it and ease into the world of tea because it comes with everything you need. The teas you like the most are always the greatest. You won't necessarily enjoy a particular type of tea just because someone else does. Don't be scared to try different tastes to see which ones you like. With any luck, your subsequent cup will have your preferred taste.