



If you can't stand the heat...make Iced Tea

"No matter how iced tea is made, it packs a healthy wallop of antioxidants." Prevention Magazine

Many Arizonans enjoy iced tea year round but it is particularly popular in the hotter months. Iced tea made from loose tea leaves is simpler than ever and may even have higher levels of antioxidants than bottled teas (a recent UCLA study found "no measurable catechin (an antioxidant) content at all" in two popular mass market bottled iced teas). In addition, when you make the tea you control the sweetness and the freshness.

There are 3 steps to make a great iced tea using loose leaves

- Select a tea
- Select any tools you might need
- Brew the tea using the hot or cold method

Selecting a Tea

Many teas make great iced teas. Straight Black Teas like Assams are a great choice for an unflavored tea. For flavored drinks, Black Tea/Rooibos fruit blends and straight fruit blends make the best iced teas. Some examples that Souvia™ carries are Wild Cherry (black tea base), Sencha Mango (Green tea base), Exquisite (fruit blend) and Pearls of the Nile (Rooibos base). Rooibos makes exceptionally smooth iced tea since it contains no tannins that can lead to a bitter blend.

Select tools

Depending on the quantities desired, you may be able to use the same tea preparation tools you use for hot tea. For a small quantity, brew the tea on the strong side and simply pour it over ice. For larger pitcher-sized quantities, there are two suggested ways to brew tea.

- Using an existing pitcher, fill a paper "Tea Sac" or similar with the required amount of tea, proceed as below
- Use an ice tea pitcher with a built-in infuser. Load the infuser with the right amount of tea and proceed as below. The pitchers are very convenient and ensure a great brew.

Brewing methods

Souvia™ recommends two ways to make iced tea: the hot method and the cold method. In both recipes you'll need 1 teaspoon (about 2 grams) of loose tea for every 6 ounces of water. To make 2 quarts you will need just over 10 teaspoons of tea.



1. Cold brewing method – using room temperature water in a pitcher or similar container, add the right amount of your selected tea. Fill the container with water and allow to steep 2-8 hours (overnight works fine).
2. Hot Brewing method – bring water to the temperature appropriate for the tea you have selected (boiling is fine for black and Rooibos but allow the water to cool 1 minute for green tea brews). Steep as directed by your tea. Remove the leaves promptly and allow to cool.

Enjoy over ice!

Regardless, to the tea, tools and technique you choose, preparing your own iced tea has never been easier. More and more studies indicate that tea is a healthy drink and iced tea is a great way to enjoy tea.

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