

Did You Know?



Green Tea, *Camellia sinensis*

- Green tea, like black, oolong, white tea, and pu-erh tea come from the *Camellia sinensis* plant.
- *Camellia sinensis* is a shrub, hardy to zones 7-9, and blooms in the late summer.
- The white, fragrant flower is edible and used to make a beverage as well.
- Most tea is produced in India, Sri Lanka, and China, where the tea plants grow in rich acidic soils.
- Varietals, cultivars, soil, climate conditions, and processing differences contribute to the flavors of the hundreds of thousands of different green teas in the world.
- Tea is the second most consumed beverage in the world, after water.
- Tea starts with the harvest of the top two leaves and a bud. The next steps of drying and processing the leaves determines the type of tea.
- Green tea is heated after picking to prevent oxidation. It may be steamed, roasted or pan fried, each yielding a different flavor profile.
- Green tea leaves are then dried, rolled into shapes ranging from tiny pellets (gunpowder) to wiry strands (Sencha) or ground into a powder (Matcha) before completing the drying process.
- A cup of green tea contains about 25% of the caffeine in a cup of coffee.
- Matcha is the type of green tea historically preferred in the tea ceremonies practiced by Zen Buddhists.
- Green tea was originally consumed for health benefits in China, as a preventative.

Did You Know?



- Many health benefits have been studied due to the antioxidants present in all types of tea. Research on green tea specifically suggests it is linked to improved heart health, weight loss, and reduced cancer risk. It is also consumed to boost the immune system and is used in cosmetic products.
- Nutrients found in tea include manganese and folate as well as lesser amounts of magnesium, potassium, and copper.

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