

Best Tea Boxes FAQ

1. How Can You Tell Good Quality Tea From Bad?

- High-quality tea, in addition to tasting good, should have a distinct look and feel to it. With loose leaf tea, you want to avoid leaves that crumble in your fingers with only gentle handling.

High-quality tea will hold up better, feeling whole and sturdy, with a bit of weight to it. It should also be aromatic and generally have a rich, pungent smell.

2. Does Tea Expire?

- Like most everything, tea definitely deteriorates with age and by a certain point can be considered “expired.” There are many factors to the usual consideration of “shelf life,” namely, how exactly the tea was stored and prepared.

We highly recommend that you consume loose leaf tea within 6-12 months after receiving it.

3. Do I Have To Make Tea In A Kettle?

- No, definitely not! You can microwave water to get it to boiling point. The problem is that you have to be careful not to overheat the water, as many teas do not hold up well to scorching temperatures, such as green tea.

If you're serious about tea, a kettle is a good investment, and some electric kettles feature temperature-control settings so that you can dial in the perfect temperature for different teas.

4. How Do I Make Tea?

- In theory, making tea is quite simple. Take hot water and pour it over the tea bag or tea leaves in an infuser, and let it sit steep for 2 to up to over 5 minutes, depending on the tea chosen.

There are many factors, however, so it is recommended that you research the tea you are making so that you can use the optimal temperature and steeping time.

5. Does Tea Have Caffeine In It?

- Yes and no. Teas known as “herbal teas,” as well as “red” teas such as rooibos, are naturally caffeine-free. Decaf tea will contain very little, and then it ascends from there: white, green, oolong, and black.

A cup of traditional black tea has about $\frac{1}{3}$ to $\frac{1}{2}$ of the caffeine in a standard cup of coffee.