

Tea Tidbits by...



The Do's and Don'ts of Tea Storage

The flavour quality of your cup of tea depends on how it is stored. Read below for best practices of storing your loose leaf tea.

Your loose leaf tea is vulnerable to light, air, moisture and heat. Did you know that although your loose leaf tea looks and feels dry, it still holds approximately 2-3% moisture along with the volatile oils that are crucial to your teas flavour profile? As such, to protect your tea, it should be stored with care.

Here are a few storage do's and don'ts:

- **Do** purchase in small quantities – this allows you to try different teas without creating the dreaded 'tea cupboard cram' and having too many, some of which you may not enjoy but feel bad throwing out.
- **Do** keep your tea in a sealable bag, opaque container of tin, stainless steel or ceramic. Keeping the air out will keep the freshness intact.
- **Do** keep your tea away from other spices. Tea leaves absorb aromas.
- **Don't** store different teas in one container – flavours will meld and you won't enjoy the unique properties of your loose leaf.
- **Don't** store your loose leaf near heat. Above the stove, beside the dishwasher – heat weakens the flavour of tea. Store in a cool, dry cupboard.
- **Don't** store tea in the fridge or freezer, the leaves do absorb moisture through condensation.
- **Don't** store your tea in glass containers. Remember, light, air, moisture and heat degrade the leaf.

