

Blending Teas Workbook

Goal: To create your own blend of teas

1. Tea Tasting

To begin, test a variety of teas to see which ones you would like to blend.

- Work with your group to prepare samples of the teas supplied to you. Follow procedures outlined by your teacher for safely preparing and tasting samples.
- Test the samples, looking for the following properties:
 - Physical Properties (the look and feel of the leaves or other plant parts used)
 - Strength of the tea sample
 - Aroma
 - Colour
 - Astringency
 - Flavour
 - Chemical Properties: Your teacher will suggest chemical tests that are available.
 - Research Result: Add other information to your report, such as nutritional content, origin of the plant, and cultural significance.
- Record your results in your notebook or on the Tea Testing Lab Report handout.
- Evaluate the sample. Decide if you would consider using this plant for your tea blend, and give your reasons why or why not.

Safety Alert

List some risks that might arise when you are making, testing and blending tea.



2. Blending

Once your group has completed testing the samples, decide which two or three teas you will use for your own personal blend.

- Decide what proportions of each tea you will use in the blend. Will you use them in equal measure, or will you make one the base?
- Tea trials: Make a test brew of your blend, then taste it. Do you like it? If not, try different proportions of the teas or change the length of time you brew it.

3. Reflection

Once you have decided on your final blend, complete the Blending Teas Journal Reflection handout.

- How did you handle the risks in this activity? Do a self-assessment.

Recycle

Make sure you put the used plant material in the compost or organic recycle so it can be returned to the land!