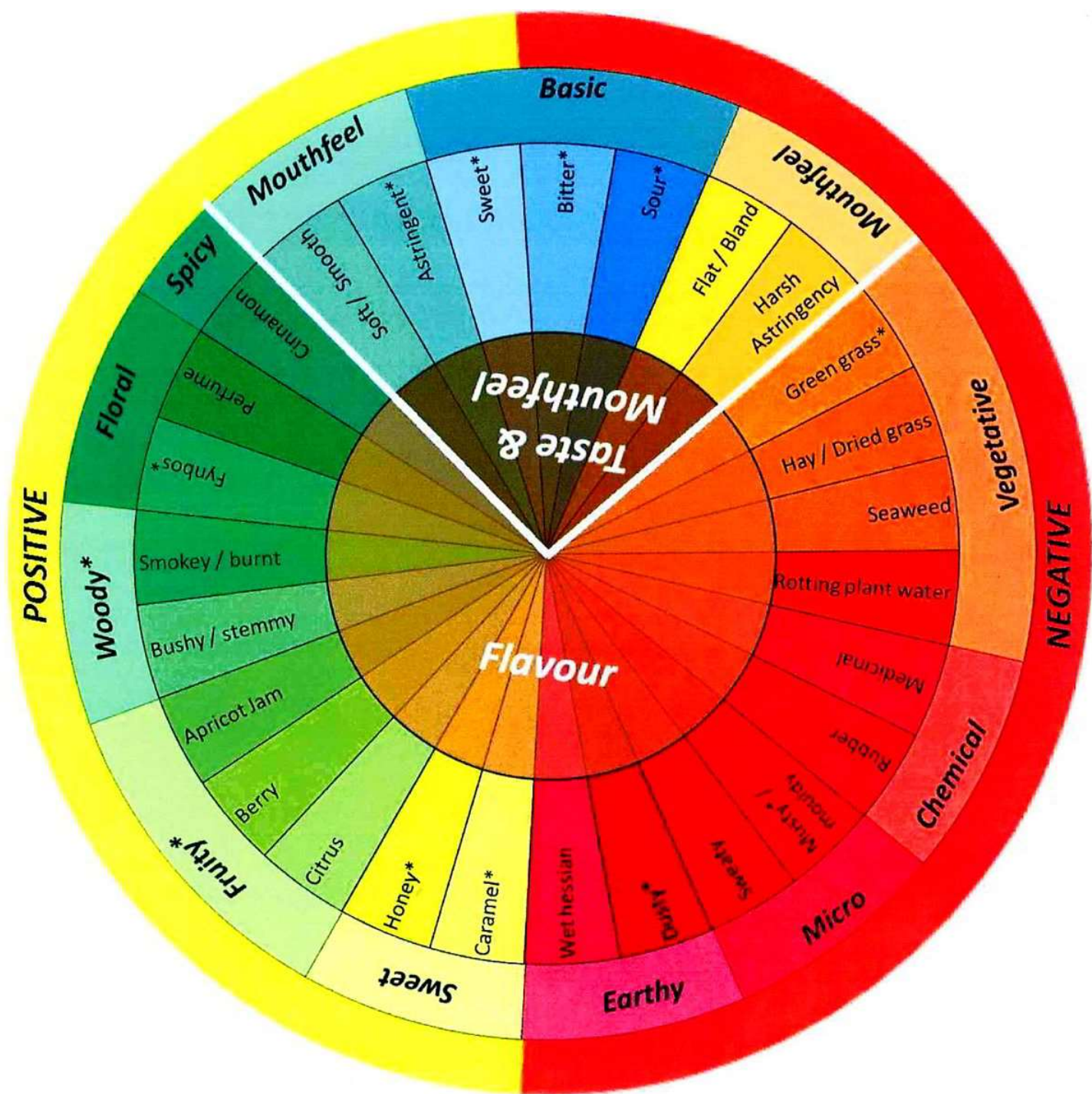


# INTERNATIONAL TEA MASTERS ASSOCIATION™

Achieving Professional Tea Mastery Through Training, Education & Certification™

## ITMA Tea Aroma Wheel





# HOW TO MAKE GREEN TEA TASTE

## Better in 5 Steps



Cup & Leaf

### Buy Better Quality Green Teas

Skip the tea bags! Instead, opt for teas made up of loose leaves from a reputable seller. Loose leaf teas contain all the healthy and flavorful compounds of the leaves for better taste.

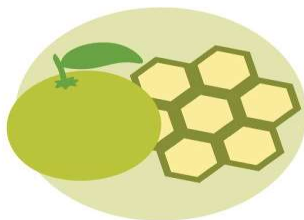


### Steep Briefly

Green tea leaves are delicate and can burn just like foods do. Green tea should not be steeped for more than 2 minutes. Start by brewing a new green tea blend for 1 minute. Taste after every 30 seconds to find a flavor that works for you.

### Be Mindful Of Water Temperature

Green tea should generally be brewed at temperatures between 150F and 180F. Japanese green teas should be brewed at lower temperatures—typically 150 to 170 F. Chinese green teas are hardier and should be brewed between 170 and 180 F.



### Flavoring Add-Ins

You can add a dash of fresh lemon juice or lemon slices to counteract any bitter flavors if you've steeped the tea for too long. Alternatively, adding a bit of honey, raw sugar, or a stevia leaf can help add a little sweetness to this earthy tea.

### Make An Herbal Infusion

You can make your own blends at home by adding a few fresh or dried flower blossoms to your green tea leaves. You can also find flavored green teas at your grocery store or favorite tea shop.

