

The 6 Main Tea Types: What Are They And How Are They Made?

There is no end to the world of tea. There is an endless amount of tea types and flavours to explore. Yet, all tea is made from the same plant: the *Camelia Sinensis*. How is it then, that every tea has a different flavour? Well, those flavours are created during the processing of the tea leaves. Did you know that all tea can be divided into six different main tea types?

The six tea types

- White tea
- Green tea
- Yellow tea
- Oolong tea
- Black tea
- Pu Erh tea

Rooibos and herbal tea do not originate from the tea plant and are therefore not called tea, but an 'infusion'.

The character of the tea types we mentioned is determined by the way the tea leaves are processed after they have been picked. Allow us to explain the differences.

White tea

White tea is the least processed type of tea. The leaves are picked when they are still young. The leaf pickers take the first, new buds from the tea plant. The tea is named after the white layer of fluff that the leaves have at this age. After they are picked, the leaves are slightly rolled up and dried. White tea is also known as the purest type of tea because the leaves are barely processed after they are picked.

Green tea

For the production of green tea, the fresh tea leaves are picked and immediately processed. To prevent oxidation, they are heated instantly after picking. Tea leaves contain certain enzymes which cause a chemical reaction when they are picked: Oxidation. Oxidation causes the green leaves to slowly turn black. This also changes the flavour and the aroma of the tea. By heating the tea leaves, oxidation does not take place. That's how the green colour of the leaves is maintained and why this tea type is called green tea. After heating, the leaves are slightly rolled up and dried. The manner in which this last step is carried out determines the flavour of specific types of green tea.

Yellow tea

Yellow tea is made in almost the exact same way as green tea is made. However, yellow tea has one extra step. The Chinese call this final step "Men Huang" (steam yellow). The leaves are lightly steamed and then placed in a moist cloth. In a way, the leaves are stewed in this process. The moisture in the cloth causes the leaves to soak up their own aromas and this intensifies the flavour. Yellow tea is very rare and therefore you won't find it in many tea stores. That's because processing yellow tea is very labour intensive.

Oolong tea

Contrary to the other tea types, Oolong tea is made with the older leaves of the tea plant. After the leaves are picked they leave them to dry in the sun for a bit, after which they are dried at room temperature. The leaves are regularly shuffled. The leaves are heated to prevent oxidation. If you look at the way Oolong tea is processed, the process lies somewhere between green tea and black tea: Green tea is not oxidated and black tea is completely oxidated. The rate of oxidation for Oolong tea lies between 10% and 80%. The oxidation of the leaves varies and that determines the type of Oolong tea.

Black tea

When you don't interrupt the oxidation process, you get black tea. Black tea is dark of colour because the rate of oxidation is very high. After the leaves are picked they are bruised, cut or broken to kickstart the oxidation process. By "damaging" the leaves, the oxidation process is sped up. When the leaves have fully changed colour they are rolled up and dried. Worldwide, black tea is one of the most popular tea types. It also has a higher amount of caffeine than any other type of tea.

Pu Erh

It takes longer to process Pu Erh tea than it does to process other types of tea. This is because Pu Erh leaves are ripened. Just like with yellow and green tea, the tea leaves are heated immediately after picking to prevent oxidation. Then the tea is pressed or rolled into a shape and dried in the sun. After that - sometimes years later - the dry leaves are steamed and wrapped in moist cloth to ripen. Because of the moisture the ripening process is put into motion. Special bacteria and yeast types cause the leaves to ferment. This is why Pu Erh tea is also called “aged” or “vintage”. This type of processing is how Pu Erh tea attains its unique earthly flavour.

Despite the fact that all tea types are made from the same plant, the flavours vary immensely because of the way the tea leaves are processed. The country of origin, the time when the leaves are picked and the way the tea is made also impact the flavour of the tea. Yet, these six flavours are very distinguishable in taste because each of them has a unique basic recipe. Now you know the long road these leaves have had to go to end up in your cup!

The Black Tea Guide For Tea Lovers



Black tea is a strong, bold and rich tea type. It's a popular drink worldwide, not only because of the complex flavours but because it also contains antioxidants and caffeine and is used as a healthy replacement for coffee. Black tea gained its popularity due to the large variety of full-body flavours, ranging from citrusy, to floral, to smoky.

The origin of black tea

The history of black tea can be traced back to late 16th century China. Up until then, only green tea and oolong teas were consumed. Black tea was originally called *hong cha*, 'red tea', because of the colour the oxidized leaves give the water. The first black tea type to be discovered was Lapsang Souchong, a tea produced in the Wuyi Mountains.

Popular black tea types

Darjeeling black tea

A beautiful and complex tea type with a full body muscatel flavour and is often described as spicy. It's also known as the champagne of tea! Darjeeling is mostly grown in tea gardens in India.

English Breakfast black tea

A very popular tea type that often accompanies a rich variety of breakfast foods. Breakfast blends are light and sweet teas, often infused with Assam, Ceylon or Darjeeling. There's a lot of speculation about the origin, from a Scottish tea master to an American vendor, but in the end the tea became popular in England.

Ceylon black tea

Ceylon tea is a pure tea type from Sri Lanka. It's a full body tea with citrus flavours. Because of its strong flavours it's perfect for Chai Latte!

Earl Grey black tea

One of the most popular black tea blends is of course Earl Grey. This fruity, floral tea is mainly Assam or Darjeeling tea infused with bergamot oil and vanilla. Earl Grey tea was named after a British Prime Minister in the 18th century who received the flavoured tea as a gift.

Masala Chai black tea

You've probably heard of Chai Tea or Chai Tea Latte, which comes from the Masala Chai. This spicy tea is made with a few basic ingredients: milk, sugar, cinnamon, ginger, black pepper and cardamom. Nowadays, the drink is popular worldwide but it originates from South Asia.

Lapsang Souchong black tea

An exquisite tea type known for its deep smoky flavour. As one of the first known black teas in existence it's also known as the king of all teas.

Boost Your Immune System With Healthy Tea!



Worldwide, tea is a popular drink. This, in itself, is good news as drinking tea is very healthy. Various tea varieties will support your health in a positive way.

Green tea

Green tea strengthens your resistance. In addition, it has an antibacterial and detoxing effect, can reduce nausea, pain and stress plus it can help the metabolism. Another quality attributed to green tea is that it could support the process of losing weight and that it encourages a good night's rest. You can achieve the optimum effect by drinking three to four cups of green tea each day.

Ginger tea

Ginger is a multi-faceted spice that can be added to tea. You may or may not enjoy its specific taste but the fact remains that ginger is very healthy. It strengthens your immune system and thus protects you against infections, colds and the flu. It also improves the blood circulation in your body. One of the advantages here is that muscles, for example, recover more quickly after some intensive effort. And, ginger speeds up your digestion and helps burn fat.

Lemon tea

Not a herb this time but a fruit with a good effect on your resistance as it contains lots of vitamin C which is good for your immune system. Very tasty if you add a little spoonful of honey.

Chamomile tea

Chamomile tea is known for its calming qualities and can help you relax. For this reason the tea is often used as a means of support if you suffer from insomnia. In addition, you can drink the tea to prevent stomach and bowel cramps and other aches and pains.

Echinacea purpurea tea

This herb, also named purple coneflower, can be recognised by the little purple flower you may have noticed on the packaging of vitamin pills. All the good substances in this herb ensure an increased resistance, a strengthened immune system and have an anti-inflammatory effect. In other words, a healthy flower perfectly suitable to add to tea!

Elderberry tea

Elderberry is full of healthy vitamins and contains a high dose of vitamin C. This vitamin alone has a positive effect on your resistance but this little berry also contains plenty of other healthy substances that increase your resistance and strongly resist viruses.

The Surprising Health Benefits Of Green Tea



Green tea is a popular beverage that has been enjoyed for centuries in many parts of the world. In China, it's been used as medicine for thousands of years. Green tea has a refreshing taste and is often consumed for its potential health benefits.

Discover the antioxidant power of green tea

One of the main active ingredients in green tea is a type of antioxidant called catechins. These compounds have been shown to have a number of potential health benefits, including reducing the risk of heart disease and certain types of cancer. Green tea has also been shown to have anti-inflammatory properties and may help to lower blood pressure.

Green tea for healthy weight loss

Another potential benefit of green tea is its ability to boost healthy weight loss and metabolism. Some studies have found that the catechins in green tea may help to increase fat oxidation and improve insulin sensitivity, both of which can contribute to weight loss. Additionally, green tea has been shown to increase energy expenditure and metabolism, which may also help with weight management.

The surprising mental health benefits of green tea

Green tea may also have mental health benefits. Some studies have found that the catechins in green tea may have a positive effect on brain function and may even help to reduce the risk of developing conditions such as Alzheimer's disease and Parkinson's disease.

Incorporating green tea into your diet is easy. You can find green tea in a variety of forms, including loose leaf, bags, and matcha powder. It can be enjoyed hot or cold and can be used as a base for smoothies and other drinks. Simply add 3-6 cups of green tea a day and you're good to go.

Overall, adding green tea to your diet is a simple and delicious way to boost your overall health.

Tea Can Be Helpful When Treating Feelings Of Depression

It is well known that tea has healing properties. But did you also know that tea can be helpful when treating feelings of depression? Below please find some of the benefits that tea can have on your mental and physical health.

The ritual of making tea has a calming effect

Rituals and routines help when you are battling against feelings of depression. Something as simple as becoming aware of the ritual of making tea and watching a tea flower unfold can work. A glass teapot is especially suitable for this purpose. This way you can watch the process happening inside the teapot!

Tea helps against tiredness

Almost all types of tea contain caffeine, just like in coffee. But in tea the substance is called theine. Where coffee might make you jittery, theine helps you to gain more focus and energy. On days that you feel like you have no energy at all, a cup of tea can do you well.

Tea is good for your health

Several tea types contain all kinds of herbs that contribute to the maintenance of a healthy body. For example antioxidants. Antioxidants are good for treating headaches, other pains and aches, and the detoxification of the body. A healthier body is more capable of battling depression!

Tea can help against anxiety

People with depressive feelings often also have troubles with anxiety and panic attacks. In the beginning stages, a herbal tea like St John's Wort can be very helpful in relieving anxiety, panic attacks and even nightmares.

Tea can help against sleeplessness

A number of herbal infusions have calming properties. Therefore, they can be helpful against sleeplessness. A good example is Angelica root. This herb helps to calm down your thoughts so you can fall asleep more easily.

The following drinks can help with treating feelings of depression:

- Fresh lemon balm tea
- Green tea
- Chamomile tea
- St John's root tea
- Tea made of rose petals
- Valerian tea