

Green tea its origin in China near the east of Asia. It's made with the leaves of Camellia saneness. A regular green tea is 99% water. And it really good for your health. It contains phytochemicals, such as polyphenols and caffeine. It's like a natural caffeine. The amazing leaves are generally harvested three times a year with the first flush producing the highest quality leaves. e green teas are often pan or wok roasted to neutralize the natural enzymes than dried, which generally results in a pale green color.

How to make this Green tea is best prepared at a mild water temperature of 180°- 185° F, with a steep time of about 3 minutes. Drinking in morning and before sleeping helps better start the day and end it as well. They were often pan or wok roasted to neutralize the natural enzymes than dried, which generally results in a pale green color.