



## Iced Tea 101

Any of the teas Soluna sells can be made as iced tea using either the hot-brewed or cold-brewed method. Both brewing methods are basically the same; the difference is the temperature of the brewing water, time to steep, and the resulting taste of the cup of tea. Cold-brewed teas often have a more smooth and subtle flavor.

Start with great tea and use double the amount of tea as you usually would. Approximately 2 heaping teaspoons to every 8 ounces of water is a good amount for most iced teas. Put your tea into a filter or strainer, and be sure to leave enough room for the tea to expand as it steeps.

For hot-brewed iced tea, heat your water to the appropriate temperature for the type of tea you're brewing (see the chart below); pour hot water over the tea, allow it to steep for the recommended amount of time, remove the tea, and chill in the refrigerator. For hot-brewed iced tea to enjoy right away, use *half the amount of water* and then pour the tea over ice immediately after steeping while the tea is still hot. Some of the ice will melt and dilute the strength of the tea.

For cold-brewed iced tea, pour cold, filtered water over the tea, allow it to steep for the recommended time in the refrigerator, strain out the tea, and enjoy!

| Tea            | Hot Method |              | Cold Method   | Notes                                    |
|----------------|------------|--------------|---------------|--|
|                | Water Temp | Steep time   | Steep Time    |  |
| Black          | 208°       | 3–5 minutes  | 16 hours      | Yes, 16 HOURS for cold brewing.          |
| Green          | 175°       | 2–3 minutes  | 25-45 minutes | Can be rebrewed at least once.           |
| White          | 165°       | 1–3 minutes  | 15-20 minutes | Can be rebrewed at least twice.          |
| Oolong         | 165°       | 2–3 minutes  | 20-45 minutes | Can be rebrewed at least once.           |
| Pu-erh - black | 208°       | Variable     | 45 minutes    | Can be rebrewed at least once.           |
| Herbal         | 208°       | 5–10 minutes | 12–24 hours   | Hot-brewing recommended for best flavor. |