Tropical Sun Sorrel and Ginger: Caribbean Hibiscus

From the teas.co.uk wiki

> **Tropical Sun Sorrel and Ginger, in summary:** Tropical Sun Sorrel and Ginger is the bagged Caribbean Christmas drink: deep crimson hibiscus, warming ginger, the defining diaspora festive cup.

Last reviewed by the teas.co.uk team in May 2026.

"Sorrel" in Caribbean usage refers to hibiscus (Hibiscus sabdariffa), not the European sorrel leaf. Tropical Sun Sorrel and Ginger is the classic Caribbean Christmas drink, vivid red hibiscus + warming ginger. Festive, refreshing, naturally tart. Drunk hot in winter, cold brewed for summer. Foundational to Caribbean Christmas hospitality.

What is sorrel (Caribbean)

In Caribbean cuisine, "sorrel" means hibiscus calyx (the cup shaped flower part). Botanically Hibiscus sabdariffa. Used across:

- Jamaica (sorrel drink at Christmas).
- Caribbean nations broadly.
- West Africa (where it's called "bissap" or "zobo").
- Mexico (where it's called "agua de jamaica").

The blend

Hibiscus calyx + ginger root. Sometimes sweetened with sugar or honey in finished drink.

How it tastes

Tart sweet hibiscus with warming ginger. Vivid red colour. Refreshing. Curator Rating: 4.9/5.

How to brew

Hot

1. 1 bag in 200ml just boiled water.
2. Steep 5-10 minutes (longer = more colour and tartness).
3. Sweeten with sugar or honey.

Caribbean Christmas drink (cold)

1. 2 bags in 1L cold water.
2. Refrigerate 8-24 hours.
3. Strain. Add sugar to taste.
4. Optional: add rum for adult version.
5. Serve over ice.

Caffeine

0mg.

Vegan

Yes.

Pregnancy

Hibiscus may have effects on blood pressure and pregnancy. Pregnant women should consult GP.

FAQ

Caribbean sorrel = hibiscus? Yes, different from European sorrel leaf.

Caffeine? 0mg.

Christmas tradition? Yes, Caribbean Christmas drink.

Hot or cold? Both, cold is traditional Christmas style.

Pregnancy? Consult GP.

Curator's note: Tropical Sun Sorrel and Ginger is a Caribbean Christmas tradition in tea form. Vivid red, refreshing, cultural significance. Worth keeping for festive Caribbean entertaining or summer iced drinking. Lee, teas.co.uk, Tunbridge Wells.

The essentials: Tropical Sun Sorrel and Ginger

Field	Detail
Brand	Tropical Sun (UK-based, Caribbean diaspora-focused)
Main ingredients	Sorrel (Hibiscus sabdariffa) calyces + ginger root; sometimes cloves and orange peel
Caffeine	None; caffeine-free herbal
UK availability	Caribbean grocers, ethnic foods sections, online specialists; peak stock Nov-Jan
Cup character	Deep crimson, tart-cranberry-and-citrus, warming ginger heat; Christmas-cup character

Field	Detail
Best for	Caribbean Christmas tradition, festive iced drinks, vitamin C support, summer cooler

What to buy now

Buy Tropical Sun Sorrel and Ginger as the convenient bagged Caribbean Christmas cup. For the traditional preparation, buy dried sorrel calyces separately and brew loose with fresh ginger, cloves, and orange peel for the strongest possible cup. Compare with straight hibiscus tea for the single-herb version, and West African bissap for the Senegalese variant. Fresh ginger root alongside enhances any of these cups.

FROM THE CURATOR

teas · A small reliable stash beats a big curious one. Cycle two or three teas you genuinely enjoy.

Sorrel & hibiscus reading

For brand context see the Tropical Sun deep dive. For ingredient context see the hibiscus tea guide, the sorrel tea piece, and the ginger tea overview. For Caribbean Christmas tradition see the Caribbean bush teas piece and the Caribbean Christmas drinks guide. For wider hibiscus context see the West African bissap overview.

More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly
- Loose leaf vs teabag

Earn rewards on teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.



teas.co.uk · Tunbridge Wells, Kent · hello@teas.co.uk · 3-click cancel at teas.co.uk/cancel/