Twinings Pure Green Tea

From the teas.co.uk wiki

> **Twinings Pure Green Tea, in summary:** The plain, mainstream baseline green: the unflavoured benchmark. What it is, how it compares, and how to brew it without bitterness.

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

Twinings Pure Green Tea is the British mainstream green baseline: a Chinese green tea blend (typically Sencha-style or Chunmee), mass-market priced (4 to 7p a bag) and available in every UK supermarket. It is the starting point for most British green tea drinkers, reliable, affordable and daily-friendly. Not the most refined or aromatic green on the shelf, but the easiest to keep stocked, and the right cup for everyday volume.

The product

Cut-and-sift Chinese green tea, typically a Chunmee-style blend (the most exported Chinese green grade for the mass market). Single origin China; no flavouring, no other botanicals. The bag holds around 1.5g of leaf, in the now-standard plastic-free format.

How it tastes

Mildly vegetal, slightly grassy, with a soft astringent edge if over-steeped. Less aromatic than Japanese Sencha (steamed, brighter, more umami) and less sweet than premium Longjing (pan-fired, chestnut-like). Standard supermarket green: pleasant, predictable, gateway grade. Curator Rating: 4.9/5.

How to brew

1. Pure Green wants 1 bag per 200ml of water near 80°C; boiling water turns this cup harsh.
2. Cover the cup; the volatile aromatics escape if uncovered.
3. Steep 1 to 2 minutes only; this green over-extracts quickly.
4. Drink black; honey or lemon optional.
5. Reuse the bag for a second cup; the leaf has plenty left after a 90-second steep.

Use cases

- A daily green tea routine.
- A mid-morning focus cup (green tea's caffeine and L-theanine).
- Cold-brewed iced green tea (excellent).
- Pairing with sushi, light Asian food, or salads.
- A swap for one daily coffee when tapering caffeine.

At a glance

Aspect	The read
What it is	Plain, unflavoured mainstream green tea
Role	The baseline: the cup other greens are judged against
Caffeine	Standard modest green load; a daytime cup
Brew	Off the boil, short, or it tastes bitter

Why the baseline matters

The useful thing about a plain mainstream green is that it is the reference: every flavoured, specialty and premium green is implicitly judged against it. Knowing what the baseline tastes like (clean, vegetal, lightly grassy, modestly brisk) is what lets you tell if a pricier green is really better or just different. The one rule that decides if you enjoy it is brewing, off the boil and short, since scalding the leaf is the usual reason people think they dislike green tea.

How it compares

Twinings Pure Green is cut-and-sift Chinese green at supermarket pricing, gateway grade. Pukka Clean Matcha Green adds matcha at a premium. Specialist single-origin sencha or Longjing (Postcard Teas, Mei Leaf, premium Whittard) is whole-leaf and far more aromatic at £15 to £25 per 100g loose. Twinings is the everyday-volume choice; specialty is for tasting weekends.

FAQ

Caffeine? 20 to 30mg per cup.

Vegan? Yes.

Best brewing temperature? About 80°C, never boiling.

Cheapest? Among the cheapest mainstream greens.

Cold brew? Excellent; smoother and sweeter than hot-brewed.

Curator's note: Twinings Pure Green Tea is the British mainstream green tea staple. Reliable, affordable, daily friendly. The gateway green tea. Lee, teas.co.uk, Tunbridge Wells.

What to buy now

Buy Twinings Pure Green Tea as the everyday baseline. For a step up, a specialist Japanese sencha or Longjing is far more aromatic. Browse the wider green tea range and the Twinings range.

FROM THE CURATOR

teas · For a baseline green, the brew matters more than the brand. Brewed short and cool, a budget green bag can beat a scalded premium one.

Green-tea reading

- Green tea (the pillar)
- Caffeine in tea
- Green tea caffeine by type

Reference noted

- PubMed: Green tea catechins and human health

The bottom line

The dependable, unflavoured reference green: not a connoisseur single-origin, and not trying to be, but a consistent, accessible everyday cup that teaches the category. Brew it off the boil and short, around 80°C for a couple of minutes, and it is clean and faintly sweet; scald it and it turns bitter. It cold-brews well too.

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