Best Dragonfly Tea: What to Buy

From the teas.co.uk wiki

> **Best Dragonfly tea, in summary:** Best Dragonfly tea: the standout Pure Rooibos, organic green and clean single-note herbals, when the organic premium is earned, and how to brew it.

Dragonfly is the organic, single-ingredient, no-plastic brand built by Bruce Ginsberg, whose family pioneered commercial rooibos in South Africa. The story is genuinely unusual and worth reading first: Bruce Ginsberg and the organic bet and the Dragonfly deep dive. The range is deliberately clean and small; here is what to actually buy, inside the best UK tea brands guide.

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

For pure rooibos, the flagship

Dragonfly Pure Rooibos is the standout and one of the best caffeine-free everyday cups available anywhere: naturally sweet, no bitterness, no caffeine, low tannin. The why is in rooibos benefits and the method, which people get wrong by under-brewing, in how to brew rooibos. The Vanilla and Cape Chai rooibos variants are excellent gentle flavoured versions, and rooibos is also the reassuring caffeine-free pregnancy choice, see rooibos in pregnancy.

For organic green

The organic green (Pure Green Mountain) is a clean, clear green for drinkers who want certification alongside flavour. A short steep in water that has come off the boil is the way, as set out in how to brew green tea, the green tea guide and the Japanese tea hub; treated like black tea it goes bitter and the organic premium is wasted.

For caffeine free comfort and digestion

The Night Sky and Moroccan Mint blends are the relaxing and digestive picks, single-note and organic rather than heavily blended. Context is in the tea for sleep and rest hub, chamomile benefits and side effects and the best tea after dinner guide. Mint brewing detail is in how to brew peppermint.

Where Dragonfly wins

Dragonfly wins on organic certification, single-ingredient frankness and a family history in rooibos that goes back more than a century. How Dragonfly's certifications compare with its rivals is covered in Pukka, organic and B Corp, Clipper, Fairtrade and unbleached bags and the head to head logic in best Pukka tea and Pukka vs Teapigs. It is not a black tea brand; for that see best Yorkshire tea.

How to brew Dragonfly so the premium counts

Single-note organic teas show every brewing error because there is nothing else in the cup to hide behind. Rooibos wants boiling water and a long steep; the green wants off-the-boil water and a short one; the herbals want boiling water and a long covered steep. The per-type method is in how to brew rooibos, how to brew green tea and the water temperature guide.

Common Dragonfly mistakes

Buying it for black tea (not its job), under-brewing the rooibos so it comes out thin and pink, and paying the organic premium without valuing organic certification. Avoid those and Dragonfly is the brand to choose when ingredient frankness and certification matter as much as taste, see the best UK tea brands guide.

Dragonfly value and the organic premium

Dragonfly is priced like an organic specialist, so the question is how much certification and single ingredient frankness matter to you, since on flavour alone a good rooibos that isn't organic competes closely. Where Dragonfly clearly earns the premium is provenance and consistency on single-note teas, the founder logic in Bruce Ginsberg and the certification comparison in Pukka, organic and B Corp and Clipper Fairtrade. Decide on values knowingly, the framing the whole best UK tea brands guide pushes.

Dragonfly rooibos iced and as a caffeine free base

Pure rooibos makes an excellent caffeine-free iced tea and the best caffeine-free base for a homemade chai or vanilla latte, see the rooibos recipes, iced tea recipes and the method in how to brew rooibos. Its natural sweetness means it satisfies iced without sugar, which is most of why it beats a flavoured soft drink for the same job.

Dragonfly in pregnancy

Rooibos is one of the most reassuring caffeine-free choices in pregnancy, which makes Dragonfly Pure Rooibos a sensible everyday pick, see rooibos in pregnancy and best tea in pregnancy. For the green and any herbal blends, check the specific component, the line taken across the tea and your health hub; organic sourcing is a quality point, not a safety pass.

Dragonfly by job, at a glance

For…	The pick
Flagship	Pure Rooibos: one of the best caffeine free everyday cups anywhere
Flavoured rooibos	Vanilla and Cape Chai: excellent gentle variants

For…	The pick
Organic green	Pure Green Mountain, brewed off the boil and short
Caffeine free evening cups	Night Sky and Moroccan Mint, single note and organic

Quick take

Buy Dragonfly for pure rooibos above all, one of the best caffeine-free everyday cups available, plus organic green and clean single-note herbals. It is the brand for people for whom certification and single-ingredient transparency matter as much as taste, and the premium is justified only if you value that. It is not a black tea brand and not the broadest herbal range, but for what it sets out to do it is excellent, brewed correctly so the premium is not wasted. Browse the full Dragonfly range or compare across the tea shop.

FROM THE CURATOR

teas · A Dragonfly box only makes sense once you have divided its price by the cups inside. Loose leaf usually wins that sum, though supermarket bags sometimes take it.

Tea reading

- Dragonfly deep dive
- Bruce Ginsberg
- Rooibos benefits
- Pukka, organic and B Corp
- Best Pukka tea
- Best tea brands UK

More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly
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