Dalgety: Caribbean Herbal Tradition

From the teas.co.uk wiki

> **Dalgety, in summary:** Dalgety is a Caribbean herbal tea brand built on diaspora traditional plants, soursop foremost. The clear placement, the framing, and the range.

Dalgety is a brand rooted in Caribbean herbal tradition, carrying single herb infusions, moringa and soursop above all, that the mainstream shelf rarely stocks. Buy it on the Dalgety shop page; this page tells the Dalgety story, alongside the herbal tea guide and the tea and your health hub.

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

What Dalgety makes

The range centres on traditional Caribbean household herbs: pure moringa, soursop, and moringa with green tea blends, drunk for generations rather than designed to a trend. Browse the stocked range on the Dalgety shop page. It sits close to Tropical Sun in the authentic-Caribbean-herbal space.

How to get the most from it

These are caffeine-free herbal infusions and, with tough dried leaves, want a real decoction: fully boiling water, a long covered steep so the botanicals come through, and lime or honey to brighten, see how to brew chamomile and the water temperature guide. The ginger blend is the gentlest introduction, the pure leaf the most traditional. As with all traditional herbs, our framing is tradition, not medicine, see the health hub.

Who it is for

Dalgety suits the drinker who wants authentic Caribbean single herb traditions or hard to find botanicals like soursop and moringa, rather than another generic functional blend. It is one of the more distinctive ranges we carry, mapped against the field in the best UK tea brands guide.

What Dalgety is, in one place

Aspect	Dalgety
What it is	a Caribbean herbal-tea brand built on diaspora traditional plants
Flagship leaf	soursop (graviola), the diaspora's most respected traditional leaf
Range	pure soursop and soursop blends (ginger, moringa), caffeine-free

Aspect	Dalgety
For	UK Caribbean and African diaspora drinkers, and the culturally curious
Framing	real cultural staple with real but limited evidence; tradition credited, inflated claims declined

The soursop tradition, read carefully

The flagship is soursop (graviola) leaf, treated across the Caribbean as a general household herb and so respected that people call it good for everything, which is cultural shorthand for broad regard rather than a clinical claim. The range extends to soursop blended with ginger for a gentler, digestive-leaning cup and with moringa for a more leaf-forward, nutritionally fuller one. The useful reading is this: credit the real tradition and the gentle, pleasant effects in the cup, reject the inflated cancer claims the internet attaches to soursop, and keep one specific, evidence based caution in view, the neurological concern linked to heavy long term use, so drink it occasionally and traditionally rather than as a daily dose. This is general information, not medical advice. The individual products are covered in pure soursop, soursop and ginger and soursop and moringa.

The bottom line on Dalgety

Stripped of marketing, Dalgety is really good at one thing and should be bought for it: authentic Caribbean diaspora herbal teas, soursop foremost, that are otherwise hard to find in the UK. It is no shortcut to anything, and the page does not pretend otherwise. Drunk the traditional way, occasionally and with respect rather than daily as a supposed fix, the range is a pleasant, caffeine free, culturally meaningful set of cups. Buy it on the Dalgety range, compare in the soursop range, or browse the full tea shop.

Want to actually buy a good one?

If Dalgety appeals, buy one really good soursop or moringa next, judged in the cup and not on internet claims. Start with the Dalgety herbs shown on this page; they were chosen for it. To see the wider range, browse tea and herbal infusions at teas.co.uk or the full tea shop. Dalgety follows the wiki rule too: weigh the cup and its description, not the marketing, work out what each cup costs, and Caribbean herbals ship free in the UK over £35.

Browse the tea range

FROM THE CURATOR

teas · Begin with the cheapest Dalgety pack and stay there until something stops you. Most rich teas reward patience, not budget.

Tea reading

- Dalgety shop page
- Best tea brands UK
- Loose leaf vs tea bags
- Brewing and water guide
- Herbal & fruit infusions

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

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