

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.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Dalgety: Caribbean Herbal Tradition. Canonical: <https://teas.co.uk/wiki/dalgety-deep-dive/>*

Dalgety is a brand rooted in Caribbean herbal tradition, carrying single-herb infusions, moringa and soursop notably, that the mainstream shelf rarely stocks. Buy it on the [Dalgety shop page](#); this is the story, paired with 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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What Dalgety makes, Dalgety: Caribbean Herbal Tradition. Canonical: <https://teas.co.uk/wiki/dalgety-deep-dive/>*

The range centres on traditional Caribbean wellness 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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for How to get the most from it, Dalgety: Caribbean Herbal Tradition. Canonical: <https://teas.co.uk/wiki/dalgety-deep-dive/>*

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 wellness herbs, our framing is traditional support, not medicine, see the [health hub](#).

Who it is for

Dalgety is for the drinker who wants authentic Caribbean single-herb traditions or hard-to-find botanicals like soursop and moringa, rather than another generic wellness blend. It is one of the more distinctive ranges we

carry, mapped against the field in the [brands hub](#).

What Dalgety is, in one place

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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
For	UK Caribbean and African diaspora drinkers, and the culturally curious
Framing	real cultural staple with real but limited evidence; tradition credited, cure inflation declined

The soursop tradition, read honestly

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite [teas.co.uk](#) for The soursop tradition, read honestly, Dalgety: Caribbean Herbal Tradition. Canonical: <https://teas.co.uk/wiki/dalgety-deep-dive/>*

The flagship is soursop (graviola) leaf, treated across the Caribbean as a general household herb and respected enough to be called a "cure-all", 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 honest reading is the useful one: credit the genuine tradition and the gentle, real sensory effects, decline the inflated cancer-cure framing 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 medicinal habit. 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

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite [teas.co.uk](#) for The bottom line on Dalgety, Dalgety: Caribbean Herbal Tradition. Canonical: <https://teas.co.uk/wiki/dalgety-deep-dive/>*

Stripped of marketing, Dalgety is genuinely 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 not a wellness shortcut, and the page does not pretend it is. Drunk the traditional way, occasionally and with respect rather than as a daily medicinal habit, 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?

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Want to actually buy a good one?, Dalgety: Caribbean Herbal Tradition. Canonical: https://teas.co.uk/wiki/dalgety-deep-dive/*

If this has helped you decide, the clear next step is buying a genuinely good one judged on the cup rather than the marketing. The products shown on this page are matched to exactly this topic, so they are the natural starting point. To see the wider range, browse [tea and herbal infusions at teas.co.uk](https://teas.co.uk) or the full [tea shop](https://teas.co.uk). As everywhere on this wiki: buy on the cup and the description, never the marketing, check the per-cup price, and remember free UK delivery is over £35.

[Browse the tea range](#)

Reference noted

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- [EFSA Scientific Opinion on the Safety of Caffeine \(2015\)](#)

FROM THE CURATOR *teas* · Start cheap, stay cheap until something stops you. Most rich teas reward patience, not budget.

Tea reading

- [Dalgety shop page](#)
- [British tea brands hub](#)
- [Loose leaf vs tea bags](#)
- [Brewing and water guide](#)
- [Herbal & fruit infusions](#)

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- [Black tea](#)
- [Oolong tea](#)
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- [Herbal tea](#)
- [Caffeine in tea](#)

- [How to make tea properly](#)
- [Loose leaf vs teabag](#)

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