

How to Make Sun Tea

From the Teas.co.uk wiki

Sun tea, in short: Sun tea steeps for hours at warm bacteria-friendly temperatures, a small real risk: cold brew in the fridge gives the same smooth result safely.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for How to Make Sun Tea. Canonical: <https://teas.co.uk/wiki/how-to-make-sun-tea/>*

Sun tea is tea brewed slowly in a jar left in the sun rather than with boiling water. A clear guide gives you the method plus the one genuine food safety point that a lot of cheerful recipes skip and that you should actually know.

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

What you need

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What you need , How to Make Sun Tea. Canonical: <https://teas.co.uk/wiki/how-to-make-sun-tea/>*

A large clean glass jar with a lid, cold or room temperature water, tea (black, green or herbal; teabags or loose in an infuser), and a sunny spot. Optional: lemon, mint, sweetener after brewing.

How to make it, step by step

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for How to make it, step by step , How to Make Sun Tea. Canonical: <https://teas.co.uk/wiki/how-to-make-sun-tea/>*

Put the tea and water in the clean jar, lid on, and leave it in direct sun for a few hours (commonly 2 to 4), until it reaches the strength and colour you like. Remove the tea, then refrigerate promptly and serve cold over ice. Sweeten or flavour after brewing, not during.

How to make it genuinely good

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for How to make it genuinely good , How to Make Sun Tea. Canonical: <https://teas.co.uk/wiki/how-to-make-sun-tea/>*

Genuinely good sun tea is gently brewed and not left endlessly: a few hours is plenty, much longer mostly risks the safety issue below rather than improving flavour. Use a scrupulously clean jar, good water and

enough tea, and chill it the moment it is ready. Cold brewing in the fridge is the smoother, lower risk alternative if the sun is unreliable.

The honest note

Sun tea is brewed at warm, not hot, temperatures for hours, which is exactly the range in which bacteria can multiply. The proportionate advice is to use a very clean container, do not brew for many hours or in marginal warmth, refrigerate promptly, drink within a day, and discard it if it looks ropey, thick or smells off. This is not scaremongering; it is the one true caution this otherwise lovely method genuinely carries, and cold brewing in the fridge sidesteps it entirely.

Sun tea, at a glance

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Element

Short rule

What it is Tea steeped in a jar in sunlight, a slow warm infusion

The caveat Warm, not hot: a genuine, if small, bacterial-growth risk

Safer route Cold brew in the fridge gives a similar smooth result without the risk

If you do it Clean jar, a few hours only, refrigerate promptly, drink same day

Discard Any thick or syrupy look (ropey bacteria), bin it untasted

Reference noted

- [Britannica: Tea](#)

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

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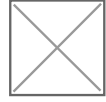
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