How to Brew Green Tea (and Why 80C Matters)

From the teas.co.uk wiki

Green tea asks for the opposite of rooibos or black tea: not a fierce boil, but cooler water and a short steep. Boil the kettle to clear any flat taste from the water, then let it cool to around 80C, checked with a thermometer or a temperature-controlled kettle, before it goes anywhere near the leaf. Too hot and the green tea scalds, turning the cup harsh and bitter.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the How to Brew Green Tea (and Why 80C Matters) recipe. Canonical: https://teas.co.uk/recipes/green-tea/how-to-brew-green-tea-and-why-80c-matters/*

Two habits make all the difference with Dragonfly Organic Pure Green Mountain. Keep the steep short, two to three minutes, because green tea over-brews quickly. And when the time is up, simply lift the bag out; do not squeeze it against the side of the cup, as that wrings out the tannins and leaves the cup astringent.

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