

Dalgety Strong Honey & Ginger: what Strong means on a herbal box

From the teas.co.uk wiki

Dalgety Strong Honey & Ginger: what Strong means on a herbal box, in summary:

Eighteen bags in a 72g box means four grams a bag, roughly double a mainstream herbal, and the heat shows it. Brew one bag, covered, for five to seven minutes, leave out the milk and add lemon if anything.

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

The word Strong on this box is arithmetic rather than decoration: four grams in every bag, about twice what a mainstream herbal holds. That extra weight changes the heat, the body and the way you ought to brew it.

Four grams a bag, and what it does

Seventy-two grams split across eighteen bags comes to four grams each. Most lemon-and-ginger style herbals on a British shelf carry a gram and a half, which is why so many people think of ginger tea as mildly spiced. Properly dosed, it is nothing of the kind, and this box shows it: real heat at the back of the throat, a full, slightly syrupy body and warmth that fades slowly.

The honeyed sweetness is there to round off that heat, and at this strength it needs to be substantial. The aroma comes off the bag the moment the water lands: bright, sharp and almost citrus-edged, enough to scent the kitchen. Dalgety builds its bags to deliver plenty of botanical for people who want to feel it, where the mainstream herbal brands aim for a light, even cup that anyone will drink.

Brewing a heavy bag

A heavy bag needs longer, not less, because dried ginger releases its warmth slowly. Five minutes with a saucer over the mug is the minimum, and seven brings out the full burn. Leaving it in longer will not turn it bitter the way a forgotten [black tea](#) goes, since the box holds no tea leaf; the cup simply keeps getting hotter.

One bag is plenty for a 250 to 300ml mug, and a second bag pushes it past warming into uncomfortable. For a jug, two bags in 600ml does the job. Leave the milk in the fridge: at this concentration ginger and milk do not sit well together. A squeeze of lemon is the better addition, since the heat is big enough to carry the acidity.

Choosing between the Dalgety gingers

We stock three Dalgety ginger lines, and this is the heaviest bag. The Strong Lemon & Ginger comes as eighteen bags in 54g, a lighter bag with lemon rather than honey alongside the ginger, and the Instant Ginger is stirred into hot water rather than steeped. Pick the honey version when you want the heat rounded off and a fuller body, and the lemon one when you would rather have it sharper.

It is [caffeine](#) free, with nothing from the tea plant in it, so it works as a late-evening mug as easily as an afternoon one. The heat suits the end of a meal, and a mug after dinner is when we would reach for it. On the plate, reach for something buttery to soften the burn: a butter cookie or a butterscotch crunch sits better against it than dark [chocolate](#) would.

The packs we stock

- [Dalgety Strong Honey & Ginger 18 Herbal, 72g](#)

What to eat with it

- [Britannia Good Day Butter Cookies, 216g](#): a buttery cookie is the easiest thing to set beside a four-gram bag's heat.
- [Border Butterscotch Crunch Organic Biscuits, 135g](#): butterscotch sweetness meets the honey note and softens the burn.
- [Lotus Biscoff Sandwich Cream Biscuits, 150g](#): a caramelised biscuit with a cream filling stands up to a strong, hot ginger cup.

Elsewhere in the Dalgety range

- [Dalgety Instant Ginger Tea, 126g](#)
- [Dalgety Strong Lemon & Ginger Herbal, 18 Tea Bags 54g](#)

The full range is on the [Dalgety brand page](#).

FAQ

Is Dalgety Strong Honey & Ginger actually stronger? Yes. Each bag holds four grams, since 72g is shared across eighteen, which is about double a typical lemon-and-ginger herbal.

How long does a four-gram bag need? Five minutes under a saucer at the least, and seven if you want all of the heat. It will not turn bitter if left longer.

Can I add milk? We would not. Ginger this concentrated and milk make an unhappy pair; a squeeze of lemon is the better choice.

Is there caffeine in Strong Honey & Ginger? No. The box holds no tea leaf at all, so caffeine was never part of it.

Should I use two bags for a large mug? No. One bag covers a 250 to 300ml mug comfortably; save two bags for a 600ml jug.

Curator's note: One bag, a saucer on top and seven minutes if you want to feel it. Squeeze in a little lemon and leave the milk where it is. Lee, teas.co.uk, Tunbridge Wells.

In short: Dalgety Strong Honey & Ginger: what Strong means on a herbal box

Field	Detail
Brand	Dalgety
Packs we stock	72g
Category	Fruit & Herbal Tea
Caffeine	caffeine free
Brew	Five to seven minutes, covered
Add	Lemon, never milk
Best with	A butter cookie or butterscotch crunch

More from the tea wiki

- [Dalgety: Caribbean Herbal Tradition](#)
- [How to Make Tea Properly: The Eight Step Method](#)
- [Caffeine in Tea](#)
- [Tea Pairing Principles: Reason, Don't Memorise](#)
- [Ginger Tea](#)
- [Builders' Tea: The Working Class Story](#)
- [Herbal Tea](#)
- [Fruit Tea](#)

Earn rewards on teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

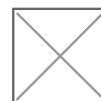
Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.



teas.co.uk · Tunbridge Wells, Kent · hello@teas.co.uk · 3-click cancel at teas.co.uk/cancel/