

Pukka Night Time Berry: chamomile with the fruit in front

From the teas.co.uk wiki

Pukka Night Time Berry: chamomile with the fruit in front, in summary: A caffeine-free organic infusion that puts berries ahead of chamomile. The cup pours deep red but drinks light and clean, and a small bag needs at least five minutes under a saucer.

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

Night Time Berry is for people who have tried plain [chamomile](#) and found it thin: the first thing you taste is jammy fruit, with the flower underneath. The deep red colour promises more weight than a light bag delivers, so the brewing matters more than usual.

Chamomile, hibiscus and a little blackcurrant

Chamomile flower leads the published ingredients at 25.5 per cent, followed by hibiscus flower at 20 per cent, then lavender, rosehip, liquorice root, [rooibos](#) leaf and ginger root. The fruit named on the box comes from blackcurrant at 3 per cent and blackberry at 2, backed up by natural blueberry and blackcurrant flavourings and a little orange essential oil.

The pour is a deep red that makes the cup look richer than it drinks. The sweetness comes from the fruit, with nothing added and nothing needed. The published list names none of the 14 major allergens, and there is no tea leaf anywhere in the blend, so there is no [caffeine](#) in it at all. As ever, the Night Time Berry box itself has the last word.

Why berry goes first

Plenty of evening blends are floral first and lose people for exactly that reason. This one reverses the order. The dried fruit tastes deep and jammy, nothing like the tang of fresh berries, and it carries the first half of the cup; chamomile comes through later, soft and faintly appley, because flower heads take longer than fruit to open up in hot water.

Within Pukka's range it sits between two neighbours we also stock. Three Chamomile is built around the flower alone, for people who already like it. Peace, as its full name says, is a blend with chamomile rather than chamomile on its own. Choose Night Time Berry if a plain chamomile has ever tasted thin to you, and the Three Chamomile if it has not.

Brewing a light bag

Twenty bags weigh thirty-two grams, so each holds 1.6g, a light dose that is normal for dried flowers and fruit because they take up so much room. Give it at least five minutes with freshly boiled water, and seven will not hurt: there is no tannin to turn bitter, and the dried fruit needs time to soften before it gives up its flavour.

Cover the mug with a saucer for the first couple of minutes. A light bag has less aroma to spare, and what it has leaves with the steam. If the cup still seems faint, use a smaller mug rather than reaching for a second bag, because the fruit reads better concentrated. Serve it on its own or with a plain oat biscuit, which keeps the berry in charge.

The packs we stock

- [Pukka Organic Night Time Berry Herbal Tea With Chamomile 20 Sleep, 32g](#) (barcode 5063270112335)

What the label says

The published ingredient list for Pukka Organic Night Time Berry Herbal Tea With Chamomile 20 Sleep, 32g (barcode 5063270112335) names none of the 14 major allergens. Read the current Night Time Berry box before buying, since Pukka can revise the blend and its allergen advice.

Ingredients, as published: Chamomile flower 25.5%, hibiscus flower 20%, lavender flower, rosehip, licorice root, rooibos leaf, ginger root, blackcurrant 3%, blackberry 2%, natural blueberry flavouring, natural blackcurrant flavouring, orange essential oil.

Ingredient and nutrition data for this barcode: Open Food Facts (openfoodfacts.org), ODbL. Your box of Night Time Berry decides.

What to eat with it

- [Nairn's Gluten Free Oaties Biscuits, 160g](#): a plain oat biscuit that lets the berry and chamomile lead.
- [Border Lemon Drizzle Melts Organic Biscuits, 150g](#): a little citrus sharpness beside the jammy fruit of the cup.
- [McVitie's Original Hobnobs Biscuits - The Oaty One, 255g](#): a simple oaty biscuit to sit beside the last cup of the evening.
- [Nairn's Gluten Free Oat & Ginger Biscuit Breaks, 160g](#): oat and ginger pick up the ginger root tucked into the blend.

Elsewhere in the Pukka range

- [Pukka Organic Herbal Tea Collection, Four Different Flavours, 20 Tea Bags](#)
- [Pukka Organic Lemon, Ginger & a touch of Manuka Honey 40 Immunity Herbal, 68g](#)
- [Pukka Organic Night Time Herbal Home Compostable Sleep with Chamomile, 40 Tea Bags 40g](#)
- [Pukka Organic Peace Tea With Chamomile Home Compostable Herbal, 20 Tea Bags](#)

- [Pukka Organic Three Chamomile Tea Home Compostable Herbal, 20 Tea Bags](#)
- [Pukka Organic Three Mint Home Compostable Herbal, 40 Tea Bags 64g](#)

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

FAQ

Does Night Time Berry taste of chamomile? Yes, but second. Berry leads, and the chamomile arrives later as a soft, faintly appley base.

Is Night Time Berry caffeine-free? Yes. It is made from flowers, fruit, roots and rooibos leaf, with no tea leaf at all, so there was never any caffeine to remove.

Is it only for the evening? Night Time is Pukka's name for when people tend to drink it, not a promise from us about what it does. With no caffeine, it suits any hour.

Does it need sugar or honey? Usually not. The dried fruit gives it a natural jammy sweetness, and nothing is added to the blend.

How long should I steep it? Five minutes at least, covered, and up to seven. It cannot turn bitter, because there is no tannin in the bag.

Curator's note: This is the box I would hand to someone who swears they cannot stand chamomile. Make it in a small cup rather than a big mug; it is gentle stuff and rewards a little patience. Lee, teas.co.uk, Tunbridge Wells.

In short: Pukka Night Time Berry: chamomile with the fruit in front

Field	Detail
Brand	Pukka
Packs we stock	32g
Category	Organic Tea Bags
Allergens (as published)	Pukka's published Night Time Berry ingredients leave out all fourteen major allergens.
Caffeine	caffeine free
Tastes of	Jammy berry first, chamomile second
Brew	Five to seven minutes, covered
Best with	A plain oat biscuit

More from the tea wiki

- [Pukka: The Organic Herbal Brand](#)
- [How to Make Tea Properly: The Eight Step Method](#)
- [Caffeine in Tea](#)
- [Tea Pairing Principles: Reason, Don't Memorise](#)
- [Chamomile Tea](#)

- [Herbal Tea](#)
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