

Pukka Night Time: getting the most from a one-gram bag

From the teas.co.uk wiki

Pukka Night Time: getting the most from a one-gram bag, in summary: Exactly one gram a bag makes Pukka Night Time a light, caffeine-free organic chamomile infusion by design. For a fuller cup, cut the water, cover the mug and do not be shy of two bags.

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

One gram of dried flowers is not much, and that single number explains how to brew this box.

[Chamomile](#) is bulky and light, so the bag looks full but the cup stays delicate unless you meet it halfway.

Why the bag weighs so little

Forty bags share forty grams, exactly one gram each. That is not stinginess. Dried chamomile flowers are light for the room they take up, so a bag of chamomile looks as plump as a bag of mint leaf weighing far more. Pukka's own mint bag carries around 1.6g, which gives a sense of how light a flower infusion is by comparison.

The result is a soft cup, a little like apple, with a dry, hay-like edge underneath and more natural sweetness than most people expect. There is no tea leaf, so no [caffeine](#) and no tannin. Night Time and Sleep are the labels Pukka gives the blend; they describe when people tend to drink it, and we make no claim at all about what it does.

Three ways to a fuller cup

The biggest single change is less water. One bag in about 200ml, a small mug rather than a big one, makes a noticeably rounder drink than the same bag in a big mug. Cover it with a saucer for the whole steep, because the gentle floral aroma is made of light compounds that leave with the steam, and an uncovered mug perfumes the kitchen instead.

Next, give it time. Five minutes covered is a good working figure, and since nothing in chamomile turns bitter, a bag forgotten for a quarter of an hour will not be spoiled. If that is still too quiet, put two bags in one mug. With a bag this light that is no extravagance, and a forty-bag box leaves room for the habit.

The forty-bag box and its neighbours

Forty bags suits a household where this is the last cup most evenings, or where two bags a mug is normal. The front of the box describes the bags as home compostable, the stricter standard, meant to break down on a garden heap rather than needing an industrial facility. The carton and its parts may need different routes, so follow the disposal guidance printed on it.

Within Pukka's range, Three Chamomile, as its name suggests, is all about the one flower, and Night Time Berry sets berries alongside the chamomile for anyone who finds a floral cup too plain. Night Time sits at the quiet end. To eat, choose a buttery biscuit rather than anything strongly spiced or bitter, which would drown a drink this delicate.

The packs we stock

- [Pukka Organic Night Time Herbal Home Compostable Sleep with Chamomile, 40 Tea Bags 40g](#)
(barcode 5063270119396)

What to eat with it

- [Royal Dansk Danish Butter Cookies, 340g](#): plain butter cookies that sit quietly beside a soft chamomile cup.
- [Lu Le Petit Beurre Biscuits With Butter & a Hint of Salt, 167g](#): a light, crisp butter biscuit with a hint of salt, gentle enough not to crowd the flower.
- [Border Butterscotch Crunch Organic Biscuits, 135g](#): butterscotch sweetness that echoes the natural sweetness of the chamomile.

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 Berry Herbal Tea With Chamomile 20 Sleep, 32g](#)
- [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

Why is Pukka Night Time so light? Each bag holds one gram of dried flowers, which fill a bag but weigh little. Use less water or two bags for a fuller cup.

Can you over-steep chamomile? Not in any way that spoils it. With no tannin in the bag, a long steep will not turn it bitter.

Does Pukka Night Time contain caffeine? No. It contains no tea leaf, so it is naturally free of caffeine rather than decaffeinated.

Should I add honey? Try it without first. Chamomile carries more natural sweetness than most people expect, and honey can easily flatten it.

What does home compostable mean on this box? That the bags are meant to break down on an ordinary garden compost heap, not only in an industrial facility. Check the pack for how to dispose of the carton.

Curator's note: Small mug, saucer on top, and do not rush it. It earns a place mid-afternoon too, when the kettle is on and another coffee would be one too many. Lee, teas.co.uk, Tunbridge Wells.

In short: Pukka Night Time: getting the most from a one-gram bag

Field	Detail
Brand	Pukka
Packs we stock	40 Tea Bags 40g
Category	Organic Tea Bags
Caffeine	caffeine free
Strength	Light by design, one gram a bag
Brew	About 200ml, covered, five minutes or longer
Best with	Plain butter biscuits

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](#)
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