

Pukka Three Chamomile: one flower, three ways

From the teas.co.uk wiki

Pukka Three Chamomile: one flower, three ways, in summary: Chamomile and nothing else, prepared or sourced three ways so the cup opens in stages. Steep it eight to ten minutes, covered, for the honeyed body; three minutes gives only the grassy top.

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

A pure [chamomile](#) is the [herbal tea](#) most often brewed badly, and this box shows why. Lift the bag early and you get a thin, grassy drink; give it time and the same bag turns honeyed and full.

What three ways means

This is one of a small family of single-plant blends from Pukka; Three Mint and Three Ginger are others, and the thinking is the same each time. One plant is prepared or sourced in three different ways, because each version gives up its flavour at its own pace. The aim is a cup that keeps developing as it steeps, rather than arriving all at once and then stopping.

Which three preparations go into this box is printed on the current pack, and we will not guess at them. What matters in the mug is the effect: the hay-sweet aroma comes first and the honeyed body several minutes later. With no other botanicals in the bag, there is nothing to hide a weak brew behind, which makes timing matter more here than in a blend.

Eight to ten minutes, not three

Five minutes is the minimum, and eight to ten is where the full sweetness arrives. At three minutes you taste only the grassy top of the flower. There is no tannin in chamomile, so a long steep deepens the cup and cannot make it bitter. Use water that has just boiled and keep a saucer over the mug, especially for the first minute.

The saucer matters because the most fragrant part of the flower is also the most volatile, and the finer pieces release their aroma almost as soon as the water lands. Twenty bags weigh thirty grams, a gram and a half each, which is enough flower for a full cup provided it gets the time. A smaller mug helps if you like it richer.

Three Chamomile or Peace

Peace, from the same range, mixes chamomile with other botanicals and comes across gentler and rounder. Three Chamomile keeps the bag to one plant, so the flavour is stronger and plainer. One is a blend; this is the flower at full strength. People who think chamomile is thin have often only had it in a mix, or pulled the bag after a couple of minutes.

It will not win over someone who has had chamomile brewed properly and disliked it, but for anyone else it is the fairest test of the flower. It suits the end of a heavy dinner with something sweet on the plate: a plain oat biscuit, a butterscotch crunch or a dark [chocolate](#) chip oat biscuit all sit well against the honeyed finish.

The packs we stock

- [Pukka Organic Three Chamomile Tea Home Compostable Herbal, 20 Tea Bags](#) (barcode 5060229012562)

What to eat with it

- [Nairn's Gluten Free Oaties Biscuits, 160g](#): a plain oat biscuit that leaves room for the flower.
- [Border Butterscotch Crunch Organic Biscuits, 135g](#): buttery caramel sweetness that matches the honeyed end of a long steep.
- [Nairn's Dark Chocolate Chip Oat Biscuit, 200g](#): a little bitter chocolate against the soft sweetness of the cup.
- [Nairn's Gluten Free Biscuit Breaks - Oats & Fruit, 160g](#): fruit and oats for a gentle after-dinner plate.

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 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 Mint Home Compostable Herbal, 40 Tea Bags 64g](#)

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

FAQ

How long should you steep chamomile tea? At least five minutes, and eight to ten minutes if you want all of its honeyed sweetness. Keep the mug covered while it brews.

Can chamomile tea go bitter? No. It has no tannin, so a long steep makes it fuller rather than harsh.

What are the three chamomiles? The three preparations are listed on the current pack. The point of using three is that each one releases its flavour at a different pace.

Is there any caffeine in a pure chamomile? No. Chamomile is a flower rather than tea leaf, so there was never any [caffeine](#) in the bag.

Can the used bags go on a compost heap? The pack name says home compostable, meaning they are specified to break down on a garden heap rather than needing an industrial facility.

Curator's note: Make the cup, put a saucer on it and walk away for ten minutes. Chamomile that has been given its time is a different drink from the one most people remember. Lee, teas.co.uk, Tunbridge Wells.

In short: Pukka Three Chamomile: one flower, three ways

Field	Detail
Brand	Pukka
Packs we stock	20 Tea Bags
Category	Organic Tea Bags
Caffeine	caffeine free
Brew	Eight to ten minutes, covered
Tastes of	Hay-sweet chamomile with a honeyed finish
Best with	Oat or butterscotch biscuits after dinner

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](#)
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