Best Green Tea UK: Picks by Use Case

From the teas.co.uk wiki

> **Green tea shortlist:** The best green tea in the UK by use case: matcha, Mao Feng, sencha and value picks, why quality varies, and how to brew it without the bitter cup.

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

The best green tea in the UK depends on what you actually want from the cup: matcha is the whole-leaf, whisked option, while sencha, Mao Feng and everyday bags suit different tastes and routines, our pick for a premium pyramid is Teapigs Mao Feng, for everyday organic Dragonfly Organic Pure Green Mountain, for a mainstream supermarket-style cup Twinings Pure Green, and for a friendly Japanese-style cup Teapigs Popcorn Tea, a genmaicha-style green with toasted rice. Green tea quality varies more than black tea quality on the British shelf, with the gap between cheap and premium more noticeable in the cup.

This guide covers what actually matters in green tea, the picks across our shelf, and how to brew it without the bitter grass clipping cup most British drinkers have suffered through.

Why green tea quality varies so much

Black tea is more forgiving than green: even a low grade black, brewed too hot for too long, produces a drinkable cup. Green tea is the opposite. Three things determine whether your green tea is brilliant or grim:

- **Leaf quality:** green is unfermented, so the leaf character is the cup character. Cheap green = stalks and dust = bitter. Premium green = young leaves and tips = sweet, fresh, vegetal.
- **Freshness:** once opened, green tea gradually loses aroma through exposure to air, light, heat and moisture. Resealable packaging, sensible pack sizes and reliable stock turnover matter more than an unsupported “freshest” label.
- **Brewing temperature:** boiling water can extract bitterness and astringency very quickly from many green teas. Start around 70°C to 85°C, then follow the pack or adjust for the style and your taste.

Best green by use case

For the whole-leaf, whisked experience, matcha

Matcha is finely ground green tea whisked into water, so you consume the suspended leaf rather than a filtered infusion. Its caffeine and catechin content varies a good deal with the powder, the serving size and how it is prepared, so choose it for texture and flavour, not for a fixed multiplier. See how to make matcha properly.

- Loyd Matcha Japanese Green Tea Powder, 40g, the matcha powder we currently stock; suits daily bowls and lattes
- Matcha stock rotates; the best matcha UK guide tracks the wider market

For premium pyramid green tea

- Teapigs Mao Feng Green 15 Bags, premium Chinese green in plant based pyramids; whole leaves, sweet vegetal cup with no bitter edge
- Teapigs Green Tea with Peach, 15 Tea Bags 37.5g, the same whole-leaf pyramid quality with a soft peach lift

For everyday tier organic green

- Lipton Organic Green Tea, 20 Tea Bags 28g, certified organic everyday green
- Dragonfly Organic Pure Green 40 Bags, organic, light, sensible daily option

For supermarket mainstream daily green

- Twinings Pure Green Tea, 20 Tea Bags 50g, the British shelf staple; reliable, value tier, widely available
- Twinings Jasmine Green Tea, 20 Tea Bags 40g, scented variant; jasmine softens the green character
- Tetley Pure Green Tea, 50 Tea Bags 100g, the everyday supermarket benchmark; clean, bagged, no bitter edge when brewed cooler
- Twinings Lemon Green Tea, 20 Tea Bags 40g, citrus forward, lighter than plain green

For Japanese style daily green (sencha + variants)

- We do not currently stock a straight sencha; the closest Japanese-style cups on our shelf are Teapigs Popcorn Tea (genmaicha-style) and matcha
- See the sencha Japanese green overview for the deeper background.

For Chinese style daily green (longjing/dragonwell, mao feng, gunpowder)

- Dilmah Ceylon Pure Green Loose Leaf Tea, 100g, the loose-leaf green we stock for proper re-infusion
- See the dragonwell overview for the deeper Chinese green context.

For specialty Japanese (hojicha, genmaicha, gyokuro)

- Teapigs Popcorn Tea, 15 Tea Bags 37.5g, genmaicha-style: green tea with toasted rice; popcorn meets grass character; the friendliest "first Japanese green" for British drinkers

- Hojicha and gyokuro are not currently on our shelf; the sencha overview covers the styles

For decaf green

- Twinings Pure Green Decaf Tea, 20 Tea Bag 35g, CO2-decaffeinated; useful evening green tea

How to brew green tea so it doesn't taste bitter

The single biggest fix is the temperature drop. The full method:

- **Start with cooler water.** Around 70°C to 85°C is a useful range for many green teas, but the pack guidance and the tea style come first. A temperature-controlled kettle is the most repeatable option.
- **Measure before adjusting.** Use one bag per mug, or begin with roughly 2g of loose leaf per 200ml, then change one variable at a time.
- **Keep the first steep short.** One to three minutes is a practical starting range; taste early because leaf grade and bag format change the extraction speed.
- **Re infuse:** good loose leaf green gives 2 to 3 useful infusions. The second is often sweeter than the first.
- **Try it plain first:** this makes the tea's sweetness, bitterness and aroma easier to judge. Add milk, lemon or sweetener only if that makes the cup better for you.
- **For matcha:** see how to make matcha properly; the technique is different.

The cheap vs premium taste gap

The distance between a £1.50 supermarket green tea and a £6 Teapigs Mao Feng pouch is one of the bigger quality jumps on the tea shelf:

- **Cheap green:** grassy, bitter, slightly hay like. Often the result of stalks and dust rather than whole leaves.
- **Mid tier green (Twinings, Clipper):** drinkable, fresh, no obvious off notes. Suitable for daily volume drinking.
- **Premium green (Teapigs, single origin Chinese, Japanese loose):** sweet, vegetal, slight umami, no bitter edge even at slightly hot brewing.

If you've tried green tea once at supermarket level and decided you don't like it, try a premium green at the right temperature before writing off the category. Most British drinkers who "don't like green tea" haven't had a properly brewed premium cup.

Green tea styles worth knowing

Background for the step up beyond bagged. These are styles rather than a stock list, so check the green tea range for what we currently carry:

- **Sencha** (Japan), the everyday Japanese green. Grassy, vegetal, umami sweet.

- **Long Jing / Dragonwell** (China, Hangzhou), pan fired, chestnut sweet, the prestigious Chinese green.
- **Gyokuro** (Japan), shade grown for three weeks before picking, intense umami.
- **Genmaicha**, Japanese green with toasted brown rice, savoury, popular with food.
- **Hojicha**, roasted Japanese green, evening friendly.
- **Jasmine**, Chinese green scented with jasmine flowers. Floral, easy entry.

What to check before you buy

- **Tea style:** sencha, gunpowder, jasmine green, matcha and flavoured green tea do not taste interchangeable. Start with the style, not the headline health claim.
- **Caffeine:** green tea is not automatically caffeine free, and matcha can be comparatively strong because the powdered leaf is consumed. Use the product label and our green-tea caffeine guide as starting points.
- **Ingredients:** flavoured blends may include liquorice, sweeteners, spices or allergens. Check the current pack and product page rather than relying on a category description.
- **Personal guidance:** if caffeine, pregnancy, medicines, iron status or another health condition affects your choices, use current NHS or clinician advice rather than a shopping guide.
- **Storage:** keep the pack sealed, cool, dry and away from strong odours; buy a size you can finish while the aroma is still lively.

Related reading: the green tea overview, the matcha overview, the matcha vs green tea, the how to make matcha properly, the best matcha UK, the ideal water temperatures guide, and the sencha overview.

Green tea by use case, at a glance

What you want	The pick	Why
Whole-leaf, whisked style	Matcha	Distinct texture and preparation; strength varies with the powder and serving
Best premium pyramid	Teapigs Mao Feng	Whole leaves, sweet vegetal cup, no bitter edge
Everyday organic value	Lipton Organic Green	Certified organic, sound daily volume cup
Supermarket mainstream	Twinings Pure Green	Reliable, widely available, value tier
Friendliest first Japanese green	Teapigs Popcorn Tea	Genmaicha-style; roasted rice softness over the grassy note
Evening, low caffeine	Decaf green (CO2)	Catechins kept; very low caffeine, not zero

Find your green: premium whole leaf from Teapigs, organic everyday from Dragonfly, supermarket reliable from Twinings, or certified organic from Lipton. Browse all the green tea bags and green teas we stock.

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teas · Pick the green you enjoy sipping, whatever the shelf label recommends. Curiosity is the only reliable guide.

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