Dragonfly Pure Green: Organic High Altitude Green

From the teas.co.uk wiki

> **Pure Green Mountain, in summary:** Dragonfly Pure Green is an organic high-altitude green tea. What altitude means for the cup, the catechin profile, how to brew it without bitterness.

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

Dragonfly Pure Green Mountain is high altitude organic Chinese green tea, single ingredient, properly brewed. Cleaner cup than mainstream supermarket green, organic certified, slightly sweeter and less astringent than typical low grown commercial green tea. The everyday organic green for drinkers who want quality without specialist pricing.

What "high altitude" means for green tea

Tea grown above 1,000 metres elevation has measurably different cup characteristics from low grown tea:

- **Slower growth.** Cool air, slower photosynthesis, more concentrated flavour compounds per leaf.
- **Higher amino acid content.** More L theanine, more umami sweetness.
- **Lower catechin extraction.** Slightly less bitter cup; smoother profile.
- **More complex aromatic profile.** The cool growing conditions give more detailed top notes.

Dragonfly's Pure Green Mountain is sourced from organic high altitude Chinese estates, providing this character at accessible pricing, better than supermarket green, more affordable than premium specialty Japanese sencha.

What's in the bag

- **Single ingredient organic green tea.** Chinese, high grown, no flavourings or additions.

Plant fibre tea bags, no plastic seal, fully home compostable.

What it tastes like

Light golden green cup. Vegetal but not aggressive, closer to fresh cut grass than to seaweed. Slight natural sweetness emerges if brewed properly. Less astringent than typical UK supermarket green; finishes cleanly without lingering bitterness.

How to brew properly

Most green tea is ruined at the brewing stage by water that's too hot. Pure Green Mountain rewards patience.

1. 1 tea bag per 200ml.
2. Water at 75-80°C, NOT boiling. Wait 3-4 minutes after the kettle clicks off.
3. Steep 2-3 minutes. Don't go longer; bitterness develops past 3 minutes.
4. Pure Green Mountain is best plain or with a slice of lemon. Don't add milk, which binds catechins and mutes the flavour.

The catechin profile

Green tea's signature health compound is EGCG (epigallocatechin gallate). High altitude organic green tea typically delivers a slightly higher EGCG content per cup than commodity green tea, both because of the growing conditions and because organic farming (no synthetic pesticides) often correlates with healthier leaves. The difference is modest but measurable.

More on antioxidants in tea.

Caffeine

30-40mg per 200ml cup. Standard green tea range. Brewing at lower temperature (75°C) extracts slightly less caffeine; brewing at boiling water extracts slightly more.

When to drink it

- **Morning, instead of coffee.** Steady, alert character from the L theanine + caffeine combination.
- **Mid afternoon.** Lighter than coffee, drinkable later in the day without disrupting sleep.
- **Post meal.** Polyphenol intake aids digestion of fatty meals.
- **Cold brewed in summer.** Excellent, smooth, slightly sweet, refreshing. More on cold brewing here.

Comparison with other green tea options

- **Dragonfly Pure Green Mountain.** Organic, high altitude Chinese. Mid premium pricing. The everyday quality green.
- **Twinings Pure Green Tea.** Mainstream supermarket. Lower quality, more bitter cup. Cheaper.
- **Tetley Pure Green Tea.** Comparable to Twinings.
- **Clipper Pure Green Tea.** Fairtrade, organic, plastic free. Comparable quality to Dragonfly at slightly different pricing.
- **Specialist Japanese sencha (loose).** Premium tier. Cleaner, more refined, more expensive.

Storage

Green tea fades faster than black tea. Store airtight, away from light, in a cool dark cupboard. Best within 6-12 months of opening for peak character.

Buying

Quick Buy: Dragonfly Pure Green Mountain. Pure Green Mountain is on sale at teas.co.uk and other UK specialists.

FAQ

Is Pure Green Mountain organic? Yes, certified organic across the supply chain.

What temperature should I brew it at? 75-80°C. NOT boiling. Boiling water bitters the cup.

Best green tea for everyday drinking? Dragonfly Pure Green Mountain or Clipper Pure Green Tea, both organic, both good value, both noticeably better than mainstream supermarket green.

Does it have caffeine? Yes, 30-40mg per cup, standard green tea range.

Pregnancy safe? Within NHS caffeine limits, yes. More on pregnancy and tea.

Curator's note: this is the green tea I brew when I want a clean, properly made cup without thinking too hard about ceremony. Brewed at 75°C for 2 to 3 minutes, the cup is really good, sweet and vegetal, with no bitter aftertaste. The "right way" matters more than the price tag for green tea. Lee, teas.co.uk, Tunbridge Wells.

Dragonfly Pure Green, at a glance

Aspect	This green	The read
Selling point	High-altitude organic growth	Slower-grown, more concentrated character
Caffeine	Normal green-tea load	A daytime cup, not an evening one
Brew	~80C, 2 to 3 min	Boiling water or over-steeping makes it bitter
Best use	Clean everyday green	Reliable, not a delicate single-estate

Buy it via the Dragonfly range, compare in the green tea range, or browse the full tea shop.

Reference noted

- EFSA: Pesticides in food
- Soil Association organic standards

FROM THE CURATOR

teas · Try a plain, affordable green first, such as this one. Pay more only once you know you like green tea.

Green tea reading

- green tea reference
- Caffeine in tea
- Herbal tea overview
- Black tea

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