Good Earth Elderflower & Pear White Tea

From the teas.co.uk wiki

> **Elderflower & Pear White, in summary:** Good Earth Elderflower & Pear is a flavoured white tea blend: easy-drinking, low-caffeine, sweet-floral.

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

Good Earth Elderflower Pear White Tea is the brand's premium tier flavoured white tea blend, delicate, fruit forward, and one of the more refined cups in the everyday UK supermarket adjacent space. White tea base, real elderflower pieces, dried pear, and natural pear flavour. Lower in caffeine than green or black tea; high in catechins.

What's in the bag

- **White tea base.** Typically Chinese white tea (Bai Mudan grade or similar). Light, delicate, lower in caffeine than green or black.
- **Elderflower.** Dried flowers, adds the British hedgerow aromatic.
- **Pear pieces.** Real dried pear; sweet and natural.
- **Natural pear flavour.** Reinforces the fruit character.

What it tastes like

Pale yellow cup. Delicate sweetness, soft pear top note, faintly floral elderflower undertone. Less assertive than fruit forward green or black tea blends. Drinks well black; honey sweetened works but isn't necessary.

Why white tea + elderflower + pear works

White tea is the most delicate of the Camellia sinensis teas, minimally processed, very gentle. The base doesn't compete with subtle aromatics. Elderflower's grape like floral note and pear's mild sweetness layer beautifully without overwhelming. The cup is a study in delicacy.

How to brew

1. 1 tea bag per 200ml.
2. Water at 80-85°C, NOT boiling. White tea bitters at high heat.

3. Steep 4-5 minutes.
4. Drink black; sweeten only if you want.

Caffeine

15-25mg per 200ml cup. Lower than typical green tea (30-40mg) and black tea (40-50mg). Workable for late afternoon drinking.

Use cases

- **Afternoon refinement.** The "best teapot" cup.
- **Pairing with light foods.** Pastries, fruit, light cakes.
- **Cold brewed in summer.** Excellent. More on cold brew.
- **Caffeine moderate alternative to coffee.** Lower than green tea.
- **Pregnancy.** Within NHS caffeine limits is fine. More on pregnancy and tea.

The white tea advantage

White tea retains the highest catechin content of any tea type because it's the least processed, minimal oxidation, no rolling, no shaping. The polyphenol load per cup is modest (because brewing is gentler), but the leaf stays very close to its natural state.

Cautions

- **Caffeine sensitivity.** Lower than green tea but not zero.
- **Iron absorption.** Tea tannins reduce non heme iron, drink between meals.
- **Pregnancy.** NHS advice in pregnancy is to stay under 200mg of caffeine a day whatever the source; this white tea contains caffeine, so count it. Ask your midwife if unsure.

Comparison

- **Good Earth Elderflower Pear White:** Delicate, fruit forward, white base.
- **Twinings White Tea range:** Mainstream supermarket; comparable.
- **Specialist Bai Mudan white:** Premium loose; pure white tea without flavouring.
- **Whittard Snow White:** Mid premium UK option.

Buying

teas.co.uk stocks it, as do some other UK specialists. Quick Buy.

FAQ

Is white tea caffeinated? Yes, but lower than green or black. 15-25mg per cup.

Best brewing temperature? 80-85°C. NOT boiling.

Pregnancy safe? NHS advice in pregnancy is to stay under 200mg of caffeine a day whatever the source; this white tea contains caffeine, so count it. Ask your midwife if unsure.

Does it taste artificial? No, real elderflower and pear pieces. Natural flavouring reinforces.

Best with milk? No, white tea is too delicate for milk. Drink black.

Curator's note: white tea is the underrated category most British drinkers have never tried. The Elderflower Pear blend is a gentle introduction, fruit forward enough to be approachable, white base elegant enough to feel refined. Worth trying. Lee, teas.co.uk, Tunbridge Wells.

What you need to know: Good Earth Elderflower & Pear White Tea

Field	Detail
Brand	Good Earth (US-founded, UK-distributed; Tata Global Beverages portfolio)
Base	White tea (low oxidation), with elderflower and pear flavouring
Cup character	Light, floral, sweet pear top note, soft tea body
Caffeine	Low (white tea base, roughly 15-25mg per cup)
Best for	Afternoon caffeine-aware cuppas, summer iced brewing, dessert pairing

Buy it via the Good Earth range, compare across the white tea range, or browse the full tea shop.

Reference noted

- EFSA Scientific Opinion on the Safety of Caffeine (2015)

FROM THE CURATOR

teas · If elderflower and pear sounds appealing, just try a cup. Twenty articles are no match for one cup of this.

White tea reading

For base context see the white tea guide, the Silver Needle piece, and the White Peony overview. For flavouring context see the elderflower tea guide. For brand context see the Good Earth deep dive and the comparable Teapigs deep dive.

More from the tea wiki

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