# Good Earth Hibiscus, Rose & Sweet Berries

From the teas.co.uk wiki

> **Hibiscus Rose Sweet Berries, in summary:** Good Earth Hibiscus Rose Sweet Berries is a tart, caffeine-free floral-fruit fusion. What is in the bag, the hibiscus advantage, and how to brew it.

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

**Good Earth Hibiscus Rose Sweet Berries is the brand's flagship floral fruit fusion, vivid red pink cup, tart sweet flavour, completely caffeine free.** Hibiscus brings the tartness and the colour; rose adds floral depth; mixed berries provide sweetness. Excellent hot or iced.

## What's in the bag

- **Hibiscus.** The dominant ingredient, provides the deep red colour and tart cranberry like flavour.
- **Rose petals.** Floral aromatic; soft sweetness.
- **Mixed berry pieces.** Strawberry, raspberry, sometimes blackberry. Real fruit.
- **Apple.** Body and natural sweetness, most fruit blends use apple as a base.
- **Possibly: rosehip, elderberry.** Varies by batch.

## What it tastes like

Vivid pink red brew. Tart sweet, with hibiscus's distinctive cranberry like character lifted by berry sweetness and rose's gentle floral note. Drinks well hot or cold. Beautifully photogenic colour.

## The hibiscus advantage

Hibiscus has more than just colour and tartness:

- **Vitamin C.** Modest contribution (especially when brewed strongly).
- **Anthocyanins.** The compounds responsible for the red colour. Antioxidant activity.
- **Blood pressure.** Some evidence links regular hibiscus drinking to a small reduction; this is not a treatment or a substitute for medication or monitoring.

## How to brew

1. 1 tea bag per 200ml.
2. Just boiled water (~95°C). Hibiscus tolerates full boil.
3. Steep 5-7 minutes for full colour extraction.
4. Drink hot or cool over ice for an iced fruit tea.
5. Optional: honey for added sweetness; lemon for extra brightness.

### Use cases

- **Iced fruit tea.** One of the best applications. More on cold brew.
- **Children's hot drink.** Naturally fruity, no caffeine, vivid colour.
- **Mocktail base.** Brew strong, top with sparkling water, add fresh mint and lime.
- **Mid afternoon refresh.** Caffeine free; brightening without stimulating.
- **Pregnancy.** Generally safe in moderate amounts. Some sources advise caution with high volume hibiscus in first trimester.

### Caffeine

0mg.

### Cautions

- **Pregnancy.** Heavy daily hibiscus is sometimes cautioned in first trimester. One cup occasionally is fine. More on pregnancy and tea.
- **Blood pressure medication.** Hibiscus has additive blood pressure lowering effect. Discuss with GP if heavy daily intake.
- **Tooth enamel.** Tart fruit teas can erode enamel with daily exposure. Drink and rinse with water.

### Comparison

- **Good Earth Hibiscus Rose Sweet Berries:** Tart sweet, floral fruit balance.
- **Pukka Berry Beautiful:** More berry led, hibiscus based.
- **Dragonfly Sweet Rosehip and Raspberry:** Less tart, organic alternative.
- **Twinings Strawberry & Raspberry:** Sweeter, more candy flavoured.

### Buying

You can buy it from teas.co.uk, among other specialist UK tea retailers. Quick Buy.

### FAQ

**Is it tart?** Yes, hibiscus is naturally tart (similar to cranberry). Berry sweetness balances.

**Caffeine free?** Yes, completely.

**Pregnancy safe?** For pregnancy the NHS advises holding herbal tea to 4 cups daily, and none of the teas containing liquorice root. Ask your midwife or pharmacist if unsure. Limit heavy daily intake especially in first

trimester.

**Best as iced tea?** Yes, vivid pink iced fruit tea, excellent in summer.

**Is it good for blood pressure?** Some modest evidence links daily hibiscus to a small blood-pressure reduction; it is not a treatment or a substitute for medication.

*Curator's note: this is the fruit tea I make iced for kids' parties. Pink, sweet tart, no caffeine, no added sugar. The colour alone is half the appeal, feels like a proper drink without being sugary squash. Lee, teas.co.uk, Tunbridge Wells.*

### Where it fits, at a glance

| Aspect | The read |
|---|---|
| Type | Caffeine-free hibiscus + rose + berry fusion |
| Taste | Tart, deep red, fruity-floral |
| Hibiscus note | Modest blood-pressure evidence; not a treatment |
| Brew | Full boil, 5+ min; hot or iced |

This is general information, not medical advice. Buy it via the Good Earth range, compare in the hibiscus range and wider herbal range, or the full tea shop (free UK delivery over £35).

**FROM THE CURATOR**

*teas* · Brew the berry blend you like, whatever the shelf recommends. Curiosity is the only reliable guide.

### Hibiscus and fruit reading

- Hibiscus tea
- Herbal tea overview
- Caffeine-free teas
- Good Earth: the brand

### More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly

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