Good Earth Moroccan Mint Green

From the teas.co.uk wiki

> **Good Earth Moroccan Mint, in summary:** Good Earth Moroccan Mint is a budget green-and-mint Moroccan-style blend. What is in the bag, the tradition, why budget versions work, and how to brew it.

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

Good Earth Moroccan Mint Green is the brand's accessible take on the North African tradition, green tea base with mint, designed for everyday daily drinking at a budget friendly price point. Less premium than Dragonfly Moroccan Mint or specialist gunpowder mint blends, but an entirely reasonable introduction to the style.

What's in the bag

- **Green tea base.** Typically a Chinese green (sencha style or gunpowder fragments).
- **Spearmint and/or peppermint leaves.** The mint character.
- **Possibly: cinnamon or other warming notes.** Varies by batch.

What it tastes like

Pale yellow green cup. Cooling mint up front; green tea body underneath. Less complex than premium gunpowder mint blends but recognisable as Moroccan mint style. Good for daily afternoon drinking.

The Moroccan mint tradition

Authentic Moroccan mint tea (atay bil na'na) is gunpowder green tea brewed strong with fresh spearmint and heavily sugared. Most commercial Moroccan mint teas approximate this with various trade offs. More on the tradition here.

How to brew

1. 1 tea bag per 200ml.
2. Water at 80-85°C, NOT boiling. Green tea base bitters at high heat.
3. Steep 3-4 minutes.

4. Sweeten generously (the traditional way) or to taste.

Why budget Moroccan mint is fine

The traditional Moroccan preparation is heavily sugared and aggressive on mint, the green tea base is somewhat masked. Mid quality green tea works adequately for the style; premium Long Jing isn't necessary. Good Earth Moroccan Mint at supermarket pricing produces a thoroughly drinkable cup for daily afternoon or post meal drinking.

Caffeine

25-35mg per 200ml cup. Standard green tea range.

Use cases

- **After a meal.** The traditional context.
- **Afternoon refresh.** Mint cooling + moderate caffeine lift.
- **Iced summer drink.** Brew strong, sweeten, cool, ice. More on cold brew.
- **Post workout.** Hydration + mild caffeine.

Comparison

- **Good Earth Moroccan Mint Green:** Budget tier, accessible.
- **Dragonfly Moroccan Mint:** Organic, gunpowder base, slightly more premium. More here.
- **Cotterley Green Mint:** French style version, slightly different profile.
- **Specialist loose gunpowder + fresh mint:** The premium option.

Cautions

- **Caffeine sensitivity.** Lower than coffee but present.
- **Reflux.** Mint can trigger reflux in some.
- **Iron absorption.** Tea tannins; drink between meals.
- **Pregnancy.** Within NHS caffeine limits is fine.

Buying

Available through specialist UK tea retailers and many supermarkets.

FAQ

Is it caffeinated? Yes, 25 to 35mg a cup, via the green tea base.

How much sugar should I add? Traditional preparation is 2-3 sugars per small glass. Modern UK tastes are lighter.

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

Can I drink it iced? Yes, sweetened iced Moroccan mint is excellent in summer.

Premium upgrade? Dragonfly Moroccan Mint or specialist gunpowder + fresh mint.

Curator's note: budget Moroccan mint is the everyday version; premium gunpowder is the special occasion version. Both have a place. Drink the cheap one daily; save the proper one for after a Moroccan style meal. Lee, teas.co.uk, Tunbridge Wells.

Where it fits, at a glance

Aspect	The read
Type	Green tea + mint, Moroccan style
Caffeine	Real, modest: a daytime cup from the green base
Brew	Off the boil, 3 to 4 min, or it turns bitter
Value	Budget version is well worth it done right

Related on the wiki: Teapigs Green Tea with Mint: Premium Moroccan Style, Twinings Mint Green Tea: Clean and Refreshing.

Reference noted

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

Buy it via the Good Earth range, compare in the mint range and wider green tea range, or the full tea shop (free UK delivery over £35).

FROM THE CURATOR

teas · A good steep matters more than a premium label. A careful brew of this budget mint green can outdo a careless premium one.

Moroccan mint reading

- the green tea family
- Peppermint tea
- Caffeine in tea
- Good Earth: the brand

More from the tea wiki

- Green tea
- Black tea
- Oolong tea
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