Good Earth Passionfruit & Orange

From the teas.co.uk wiki

> **Passionfruit & Orange, in summary:** A bright, sweet, caffeine free tropical fruit infusion: what is in the bag, how to brew it hot or iced, and how much real fruit is actually in there.

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

Good Earth Passionfruit & Orange is the tropical fruit caffeine free option in the brand's range, bright, sweet, summery, and one of the livelier fruit infusions on the UK shelf. Real fruit pieces, natural flavouring, no caffeine. Excellent hot or iced; popular with kids; makes a beautiful summer mocktail base.

What's in the bag

- **Hibiscus.** Standard fruit tea base, provides colour and tartness.
- **Apple pieces.** Body and natural sweetness.
- **Orange peel.** Citrus aromatic.
- **Passionfruit pieces.** Real tropical fruit.
- **Natural orange and passionfruit flavours.** Reinforce the tropical character.
- **Possibly: rosehip, mango pieces.** Varies by batch.

What it tastes like

Bright orange pink cup. Tropical fruit aromatic, passionfruit forward, orange brightness, slight hibiscus tartness underneath. Naturally sweet without added sugar. Drinks beautifully cold over ice.

How to brew

1. 1 tea bag per 200ml.
2. Just boiled water (~95°C). Fruit infusions tolerate full boil.
3. Steep 5-7 minutes for full colour and flavour.
4. Drink hot, or cool over ice.
5. Optional: honey for added sweetness; sparkling water for a mocktail base.

Use cases

- **Iced summer drink.** One of the best applications. More on cold brew.
- **Children's hot drink.** Naturally sweet, fruity, no caffeine.
- **Mocktail base.** Brew strong, top with sparkling water, add lime and mint.
- **Pregnancy friendly fruit option.** Caffeine free; standard fruit tea ingredients are generally safe in moderation. More on pregnancy and tea.
- **Late evening drinking.** Caffeine free; bright and refreshing.

The "real fruit pieces" question

Most mainstream fruit teas use a hibiscus + apple base for body and colour, with smaller amounts of "feature" fruit (passionfruit, mango, etc.) and natural flavour to amplify. This is normal industry practice. Real fruit pieces ARE in the bag, they're just augmented by natural flavouring for a stronger tropical character. Read the ingredients list: real fruit pieces should be among the top 5 ingredients.

Caffeine

0mg.

Cautions

- **Pregnancy.** Under NHS pregnancy advice, the herbal tea limit is 4 cups in a day, and teas with liquorice root should be avoided. Ask your midwife or pharmacist if unsure. Heavy daily hibiscus is sometimes cautioned in first trimester.
- **Allergies.** Tropical fruit allergies (passionfruit, mango) are uncommon but possible.
- **Tooth enamel.** Tart fruit teas can erode enamel with daily exposure. Drink and rinse with water.
- **Children.** For children we leave age and dose to a pharmacist, health visitor or GP.

Comparison

- **Good Earth Passionfruit & Orange:** Tropical, caffeine free, accessible.
- **Twinings Passionfruit, Mango & Orange:** Comparable mainstream alternative.
- **Pukka Passion Fruit:** Different blend, organic.
- **Tetley Tropical:** Budget alternative.

Buying

Sold by specialist UK tea retailers and supermarkets.

FAQ

Is it caffeine free? Yes, completely.

Best for iced tea? Yes, bright tropical iced fruit tea, excellent in summer.

Pregnancy safe? Under NHS pregnancy advice, the herbal tea limit is 4 cups in a day, and teas with liquorice root should be avoided. Ask your midwife or pharmacist if unsure.

Has it got real fruit? Yes, real passionfruit and orange peel, augmented by natural flavouring.

Children's drink? For children we leave age and dose to a pharmacist, health visitor or GP.

Curator's note: this is the fruit tea I make in summer when iced fruit drinks would otherwise mean bottled juice or squash. Cold brewed for 6 hours, served over ice with a slice of lime, better than most commercial soft drinks. Lee, teas.co.uk, Tunbridge Wells.

What's in the bag, at a glance

Element	Role
Hibiscus	colour and tartness, the fruit tea base
Apple pieces	body and natural sweetness
Orange peel	citrus aromatic
Passionfruit pieces + natural flavour	the tropical feature note
Caffeine	0mg, completely caffeine free

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

FROM THE CURATOR

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Fruit infusion reading

- Fruit tea explained
- Iced tea guide
- Caffeine free options
- Tea and pregnancy

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