Organic Green Tea: Is It Worth the Premium?

From the teas.co.uk wiki

> **Organic green tea, in summary:** Organic green tea matters more than organic black because green tea is less processed and matcha is whole-leaf; the case is stronger but not required.

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

Organic green tea is one of the more meaningful organic categories on the UK shelf, green tea estates often use significant pesticide loads in conventional production, and the leaves you brew are minimally processed. Buying organic green tea matters more than buying organic black tea where heavy processing dilutes residue concerns.

Why organic matters more for green tea

Green tea processing is minimal, pluck, briefly fix by heat, dry, drink. The leaves you put in your cup retain more residues from any synthetic inputs used during growing. Black tea's longer processing (oxidation, rolling, drying) breaks down some residues; green tea's brief processing doesn't.

This is especially true for matcha (whole leaf consumption). If you drink matcha regularly, organic certification has a stronger case than for typical black tea drinking.

The major organic green tea brands UK

Clearspring (Japanese organic)

UK organic Japanese tea specialist. Sencha, hojicha, genmaicha, matcha, all organic. Direct sourcing from certified Japanese estates. Premium tier organic Japanese green.

Pukka Pure Green / Lemon Green

Organic Chinese green tea. Mainstream UK organic option. Affordable.

Clipper Pure Green Tea

Organic, Fairtrade, plastic free bags. The most thoroughly ethical UK green tea option.

Dragonfly Pure Green Mountain

Organic high altitude Chinese green. More here.

Yogi Organic Green Tea range

US organic specialist; well distributed in UK.

Specialist single origin organic green

Mei Leaf and Postcard Teas carry organic Chinese specialty greens at premium pricing.

Specialist organic Japanese

Naoki, Ippodo, and other Japanese imports, organic options across their ranges.

Cost comparison

Tier	Conventional	Organic
Mainstream supermarket green	£2-3 per 20 bags	£2.50-4 per 20 bags
Mid tier loose leaf	£4-8 per 100g	£6-12 per 100g
Premium specialty	£15-30 per 100g	£20-40 per 100g
Premium matcha	£15-40 per 30g	£20-50 per 30g

Premium for organic: 10-30% over conventional. Modest given the meaningful difference.

What organic green tea preserves

Beyond avoiding pesticides:

- **Soil microbiology.** Organic farming preserves complex soil life that conventional farming degrades.
- **Pollinator habitat.** Organic tea estates often have buffer zones with wildflowers.
- **Worker health.** No synthetic pesticide handling.
- **Long term productivity.** Organic managed soils stay productive over decades.

What organic green tea doesn't necessarily mean

Better tasting

Quality varies by source, processing, freshness, not certification status. Some conventional Japanese sencha is excellent; some organic options are mediocre.

Higher catechin content

Mixed evidence. Some studies suggest modest catechin advantage in organic; others show no difference.

Healthier per cup

Reduced pesticide exposure is the real argument. Not fundamentally different in nutritional profile.

The matcha specific organic case

Matcha is whole leaf consumption. Any pesticide residue in matcha is consumed entirely (vs filtered out by tea bag steeping). Organic certification matters MORE for matcha than for steeped tea.

If you drink matcha regularly, organic certified is strongly preferable. Brands worth buying:

- Clearspring Premium Ceremonial (organic, UK distributed)
- Naoki Matcha Premium Ceremonial (organic)
- Aiya Organic Ceremonial Matcha
- Pure Chimp Matcha (organic)

How to brew organic green tea

Same as conventional green tea:

1. 1 tsp per 200ml.
2. Water at 75-80°C (NOT boiling).
3. Steep 2-3 minutes.
4. Drink black or with lemon.

Detailed green tea brewing.

Caffeine

25-40mg per 200ml cup. Same as conventional green tea, organic certification doesn't affect caffeine content.

Storage

Same as conventional green tea, airtight, cool, dark, away from strong odours. Organic green tea fades at the same rate as conventional.

FAQ

Is organic green tea healthier? Reduced pesticide exposure is the main benefit. Not fundamentally different in nutritional profile.

Worth the premium? Yes, green tea's minimal processing means residues from synthetic inputs end up in your cup. Organic addresses this.

Best organic green tea UK? Clearspring for organic Japanese; Pukka or Clipper for accessible mainstream organic; Mei Leaf for specialty organic Chinese.

Is matcha organic important? Yes, whole leaf consumption means any residues are fully consumed. Organic matters more for matcha than for steeped tea.

Difference in cup quality? Quality varies by source, not certification. Premium organic and premium conventional are both excellent.

Curator's note: organic matters more for green tea than for any other tea category. Minimal processing means residues end up in your cup. The 20 to 30% price premium is well worth it. Lee, teas.co.uk,

Tunbridge Wells.

More on organic tea

Continue with organic tea, matcha and green tea.

Reference noted

- PubMed: Green tea catechins and human health
- PubMed: Polyphenols and chronic disease prevention

Related teas worth a look: English Breakfast, Earl Grey, green tea, loose leaf tea, Darjeeling, oolong, and herbal tea. Wander the tea shop for organic and conventional greens, with free UK delivery from £35.

FROM THE CURATOR

teas · Organic or not, compare green teas per cup. Loose organic sencha usually wins, though bags sometimes do too.

More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly
- Loose leaf vs teabag

Earn rewards on teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.



teas.co.uk · Tunbridge Wells, Kent · hello@teas.co.uk · 3-click cancel at teas.co.uk/cancel/