Soursop Tea in the UK: Where to Buy It

From the teas.co.uk wiki

> **Soursop tea, in summary:** Soursop tea is the Caribbean Annona muricata herbal infusion; UK retail via ethnic-foods channel; zero caffeine; cultural-tradition cup, not medical.

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

Soursop tea in the UK is mostly a Caribbean diaspora product, specialist brands like Dalgety serve the community plus growing curious mainstream interest. Where to buy, what to expect, and how it differs from American/Caribbean soursop products.

Where to buy soursop tea in the UK

Specialist Caribbean grocers

Larger UK Caribbean diaspora communities have specialist grocers stocking soursop tea, sea moss, cerassie, ackee, plantain, the full Caribbean food shelf:

- London: Brixton Market, Tooting High Street, Lewisham, many Caribbean grocers.
- Birmingham: Handsworth, Soho Road area.
- Manchester: Moss Side, Hulme.
- Leeds, Bristol, Liverpool: smaller but real Caribbean grocer presence.

Dalgety brand (specialist UK Caribbean tea brand)

Dalgety is the UK's leading Caribbean specialist tea brand. Available through:

- Specialist Caribbean grocers
- Selected health food shops
- Online tea retailers including teas.co.uk

The Dalgety range covers Pure Soursop, Soursop & Ginger, Soursop & Moringa, plus other Caribbean infusions.

Online importers

Specialist UK importers carry various Caribbean and African soursop brands. Pricing varies; quality variable.

Mainstream UK supermarkets

Soursop tea isn't typically stocked. Some larger Tesco / Sainsbury's stores in diverse population areas may carry small amounts. Online supermarket searches sometimes return imports.

UK soursop tea brands

Dalgety

UK Caribbean specialist. Pure Soursop, Soursop and Ginger, Soursop and Moringa variants. Most accessible UK soursop brand. More on Dalgety.

Caribbean Dreams (US import)

US based Caribbean specialist; some products distributed in UK Caribbean grocers.

Tropical Sun

UK Caribbean food brand; some herbal infusions including soursop variants.

Specialist single origin (limited UK availability)

Direct imports from Caribbean producers via specialist online retailers.

What to expect

Quality variation

Quality varies more than mainstream UK tea. Choose reputable brands (Dalgety) or established specialist retailers.

Price range

£3-6 per box of 20-25 bags is typical UK pricing. Specialty single origin from direct importers can reach £10-15 per box.

Format

Almost always tea bags. Loose leaf soursop is rare in UK retail.

Why mainstream UK retail doesn't stock soursop

- **Niche customer base.** Caribbean diaspora plus curious mainstream is a relatively small market.
- **Supply chain complexity.** Most production is small scale Caribbean.
- **Regulatory considerations.** Some products require careful compliance with EU/UK food standards.
- **Limited brand recognition.** No Lipton equivalent dominant soursop brand.

How to brew

1. 1 tea bag per 200ml mug.

2. Just boiled water.
3. Steep 5-7 minutes.
4. Sweeten with honey to taste.
5. Add lime, lemon, or fresh ginger for brightness.

The traditional Caribbean preparation

For more traditional preparation, fresh dried leaves work better than tea bags:

1. Boil 500ml water with 6-8 dried soursop leaves.
2. Simmer 10-15 minutes.
3. Strain.
4. Sweeten generously with sugar; add lime.
5. Drink 1-2 small cups per week (traditional usage).

Caffeine

0mg.

Cautions worth knowing

- **Long term heavy consumption.** Epidemiological link to atypical Parkinsonism in heavy consumer populations.
- **Pregnancy.** Avoid soursop tea in pregnancy.
- **Blood pressure medication.** Possible interaction.
- **Cancer treatment.** Don't substitute for medical treatment; discuss with oncologist before adding to any regime. The viral claim that soursop tea is 10,000 times more effective than chemotherapy misrepresents test-tube (in vitro) data and has no human evidence.
- **Children.** Not traditionally given to young children.

The cultural framing

Soursop tea is real Caribbean diaspora heritage. Drinking it respectfully, occasionally, with awareness of cautions, with cultural context, is the right approach. Drinking it heavily as a "superfood" misses the cultural framework and risks the long term concerns.

FAQ

Where to buy soursop tea in UK? Specialist Caribbean grocers; specialist tea retailers including teas.co.uk; some health food shops.

Best UK brand? Dalgety for accessible specialist quality.

How much does it cost? £3-6 per box of 20-25 bags typical.

Pregnancy safe? No, avoid soursop in pregnancy.

How often to drink? Traditional usage is 1-3 cups weekly, not daily.

Curator's note: soursop tea has growing UK availability driven by Caribbean diaspora demand and curious mainstream interest. Dalgety is the most accessible specialist brand; specialist Caribbean grocers offer wider variety. Drink with cultural respect and awareness of cautions. Lee, teas.co.uk, Tunbridge Wells.

soursop tea UK at a glance

Aspect	The note
What it is	Caribbean herbal infusion from Annona muricata (graviola) leaves
Origin	Caribbean, Central America, West Africa traditional use
UK retail channel	Ethnic-foods retailers; limited mainstream availability
Caffeine	Zero; a herbal infusion
Taste	Mild grassy-floral; gentle character
Traditional use	Digestive support, unwinding, cultural-tradition
Health-claim caveats	The viral cancer-claim is unsubstantiated; medical caution
The read	Cultural-tradition cup; not medical treatment

The cupboard staples that touch this article: English Breakfast, Earl Grey, green tea, loose leaf tea, Darjeeling, oolong, and herbal tea. Wander the tea shop for Caribbean herbals and more, with free UK delivery from £35.

FROM THE CURATOR

teas · Soursop is best compared by its cost per cup. Loose leaf usually wins, though soursop bags sometimes match it.

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.

