

# Introduction to Kenya Purple Tea

This is a very special tea developed after 25 years of research by the Kenyan Tea Institute.

What special about this tea is that when farmers noticed that the special purple tea is brewed from traditional camellia sinensis plant from which all tea leaves come from and they noticed that these plants were much more hardy to the elements. So this is actually a very environmental tea because it can actually withstand drought better than the traditional tea plants.

## Purple tea flavour

So if you sieve this tea at 212 degrees for three minutes you will notice that it has actually a very bright colour and it has a very rich flamy flavour that is a lot like green tea but also has this interesting grape berry flavour.

Another interesting thing about purple tea is that if you add a piece of lemon or lemon juice to this mild coloured tea it changes to a delightful pink colour.

## Importance

The colour purple comes from an element called anthocyanin and is found a lot in berries like grapes and red berries. It is also very high in antioxidants, so this tea actually has twice as many antioxidants as you will find in traditional green tea and black tea.

Antioxidants are very good because they are anti cancer, improves vision, lowers cholesterol, anti aging and reduces metabolism.

