

Taste Test! Spring Teas

Six teas to swoon over this spring



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1 VELVET GARDEN WHITE ROSE

Numi, numitea.com

\$7 for 18 bags

This delicate white tea, made from tender tea buds, is high in antioxidants and vitamin C. Its lovely pink hue and light, sweet scent complement its smooth flavor. Delicious with shortbread.

2 ORGANIC ALMOND BLOSSOM FLAVORED OOLONG

Frontier Natural Products Co-op, frontiercoop.com

\$35 for 16 ounces loose tea (more than 300 cups)

Se Chung Chinese oolong tea is blended with small bits of sliced almonds for a slightly smoky, sweet flavor with just a hint of almond.

3 OOTHU GARDEN GREEN

Choice Organic Teas, choiceorganict teas.com

\$5 for 16 bags

Grown in one of India's first organic tea gardens, lively, crisp Oothu Garden Green offers healthful polyphenols—which research shows protect against cancer and may fight high cholesterol and weight gain.

4 ORGANIC VANILLA HONEYBUSH HERBAL TEA

Stash, stashtea.com

\$4 for 18 bags

This caffeine-free blend, enhanced with a touch of vanilla, is perfect to relax with before bed. The South African honeybush plant, a relative of rooibos, is named for its honey-scented flowers.

5 ORGANIC IRON GODDESS OOLONG

The Tea Spot, theteaspot.com

\$16 for 3 ounces loose tea (about 42 cups)

This tea is a new staff favorite thanks to its delicate jade color, natural sweetness and faint lilac scent. Hand-harvested in Fujian Province, China, this is one of the most revered varieties of oolong tea. The leaves can be re-steeped three times.

6 HOLY MATE!

Eco Teas, ecoteas.com

\$5 for 24 bags

Stimulating Holy Mate! combines energy-boosting yerba mate with antioxidant-rich tulsi (also known as holy basil) to provide a sustained energy lift—without the jitters—and a punch of disease resistance.