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The perfect loose leaf green tea by Andrea

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Green tea comes from the same plant as black tea and this means that it has many of the same properties. However the main difference is in the fermentation process and green tea is either fried or cooked rather than dried out in the sun like black tea. This results in different properties and means that you end up with a tea that has a slightly different chemical composition and a slightly different taste. At the same time though even green tea differs from brand to bran and depending on the way it's prepared. Finding the perfect loose leaf green tea (meaning you put the leaf in rather than a bag filled with ground down tea) is a matter of choice and taste but will have many factors.

Green tea tastes different from black tea. It is less strong and less 'creamy' tasting and instead tends to have a grassy or even a sometimes quite sweet taste. This means it is enjoyed differently â€“ instead of being consumed with milk or sugar it is normally drunk plain and as it is though you may wish to add a squeeze of lemon in some cases. One of the first tips to finding the best green tea then is to make sure that you like the taste and again this is going to be a matter of preference. If you want to try flavored green tea then look for flavors you know you like in other contexts â€“ whether that is apple flavor or lemon or even mint.

At the same time though you need tot think about the health benefits of the green tea you choose and the way it makes you feel. Both tea and green tea contain caffeine though the amount of caffeine in green tea is normally much less. This is a good thing. Caffeine is good for us in many ways and has many positive effects on our health. For one they make us feel more energetic and at the same time they make us feel happier and more productive. If you have lots of work to do or a long day ahead then a cup of tea is the perfect antidote. At the same time you can also benefit from the fact that caffeine is a stimulant meaning it causes weight loss and speeds up our metabolism.

However despite this you don't want too much caffeine as it can have negative consequences in high quantities. For instance caffeine can cause jitters and headaches. It can dehydrate us and it can make us lose sleep. If we have a nervous disposition then caffeine worsens this and it can even induce panic attacks if you are susceptible. Thus it is important to make sure the green tea you drink has caffeine in suitable quantities that you are comfortable with.

Green tea also contains antioxidants in higher quantities than black tea. This is a hugely beneficial fact as antioxidants help to protect our cells from free radicals which otherwise can damage cell walls and lead to mutations in our DNA (which in turn lead to cancer).

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There are so many different varieties of a loose leaf green tea, that you will never try them all. I often buy small varieties of a loose leaf tea so I can find the ones I like best.

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