

the pur terroir[®]

INFUSÃO • HERBAL TEA



GLOBE AMARANTH

Gomphrena globosa

Gomphrena globosa, commonly known as Globe Amaranth, originated in tropical climates but is now grown around the world due to its strong ability to adapt. It is popular not only for its colour and fragrance, but also for its perceived health benefits in many folk medicines.



HOW TO PREPARE

Combine 2 tablespoons of Globe Amaranth flowers with 1 litre of 85°C water in your vessel of choice (tea strainer, tea pot, or even right into the mug). Let the flowers steep for 4-6 minutes, depending on how strong you like your tea. We recommend a shorter infusion time to avoid bitter flavours.

INGREDIENTS

100% pure Globe Amaranth flowers from our Territory.

NUTRITIONAL INFORMATION

Dairy free, gluten free, caffeine free, theine free, suitable for vegetarians and vegans.

HOW DOES IT TASTE?

This flower balances a pleasant combination of floral and earthy aromas, without being 'perfumey'. Infusions of Globe Amaranth are a vibrant magenta colour, with notes of beetroot and even mushroom. The flavour is vegetal and mildly sweet, with a more mellow finish than our Strawberry Fields Globe Amaranth.

HEALTH BENEFITS

Infusions of Globe Amaranth are popular amongst singers, and other people who use their voice a lot, for their anti-inflammatory properties. They can relieve symptoms of a sore throat, chest congestion, cough, and soothe strained vocal cords. Globe Amaranth has relaxing qualities and may also help with headaches, digestive issues, diabetes, and high blood pressure.

CULINARY USE

Flowers of Globe Amaranth are not typical cooking ingredients but have a beautiful appearance that can enhance the look of a dish. Try using them as decorations for your favourite pastries, or even as a natural food colouring.

HOW IT IS MADE

Organically cultivated plants originate in our nursery and are selected from the best adapted cultivars. Harvesting is done by hand near the flowering stage of the plant cycle (when essential oil concentration is higher). Leaves are dried at low temperatures, never exceeding 25°C. The best leaves are selected by hand.



METAL TIN
35 servings
40g



DOYPACK BAG
20-25 servings
30g



TEA BAG
20 servings
20g

Soalheiro