What is Match Green Tea?
Matcha is a 100% whole-leaf tea from Japan, meticulously grown, gently dried and stone-ground into a bright green, unfermented powder. Because the entire leaf is ground and combined with hot water, consuming Matcha provides the vitamins, minerals, antioxidants, and amino acids inherent in the plant itself, while delivering a richly organic, full-bodied and deeply satisfying flavor profile not found in steeped teas.

How does Matcha Green Tea Compare to Other Teas?
Matcha is the entire tea leaf while other brewed teas the leaves are disposed of as part of the preparation process.

How does Matcha Green Tea Compare to the average, everyday cup of Joe? Yes, Matcha Tea has caffeine in it; 1 teaspoon (1 gram) has about 35 mg of caffeine vs. 80-120 mg typically found in 1 teaspoon of coffee.

Why Is Matcha Powdered Tea More Expensive Than Green Tea?
In short, Matcha is a premium tea due to the high degree of hand processing, low plant yield, and the relatively limited regional and seasonal production concentrated in Japan. The finest teas are generally regarded as the greenest in color, which requires special care and control of the growing environment. Matcha is a high-grade of tea - one look and you will be taken aback by its vibrant green hue. Matcha Tea is also exclusive to Japan- it is much more limited in supply than regular green tea, due to the meticulous growing, drying and powdering steps and the regional soils and climate that make it thrive and fully develop. It is the perfectly hand-cut “flawless diamond” among teas in the world. Matcha Tea Leaves are lovingly picked by experienced hands, selecting only new top leaves. Matcha Tea is 100% stone-ground, a slow and careful process to obtain an extremely fine, uniform powder that dissolves and froths in water. Only about 40 grams of powdered Matcha can be produced per hour through the stone-grinding process.

Boku Super Match Green Tea is a proprietary custom blend of our most potent Matcha, together with our finest tasting ceremonial Matcha. We’ve designed this with the most regal and richly flavored character of traditional Matcha- the only blend of its kind, to ensure satisfaction.

What Does Matcha Green Tea Taste Like?
Match Tea is the taste of freshness. It is sweet and creamy compared to more astringent green and especially black fermented teas. The whole leaf organic content helps buffer any bitter or harsh flavor, and the powdered consistency makes it light yet full on the palette.

How Do I Prepare The Perfect Cup of Matcha Green Tea?
Matcha Tea is unique in that it is a fine green powder. Traditional Matcha is prepared by placing a portion of the tea in a bowl or cup, and then adding hot water. The tea is then dissolved and aerated by using a traditional bamboo whisk (or Chasen in Japanese) until creamy and frothy.

Is Boku Super Matcha Green Tea a “Super Food?”
Super Food and beyond! Matcha has a high ORAC (Oxygen Radical Absorbance Capacity) value.

Can I drink Matcha Green Tea every day? Matcha is a natural drink that is almost calorie free.

What is So Special About Matcha Green Tea’s Antioxidant Levels?
Both green and black teas are widely recognized and proven to have extraordinary antioxidant levels – Matcha 100% whole-leaf powdered green tea takes this to another level altogether. Incorporation of the
entire leaf delivers chlorophyll, co-factors and other organic buffers that help improve Matcha’s antioxidants.

What are the “Polyphenols” That Are Found in Matcha Tea?
These are simply the antioxidants that make up about 30% of the Matcha Green Tea’s dry leaf weight. Because Matcha is unfermented, the polyphenols exist primarily as catechins.