
green tea turns dark

Posted by Delphine Bouchet - 2008/08/20 01:05

Just last weekend, I prepared a liter of iced green tea and placed it in my fridge. I was away for 3 days and was not able to consume all the tea. When I got back this morning, I noticed that the color of my green tea is darker (more like black tea now). Is this normal? Can I still safely drink it?

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Re:green tea turns dark

Posted by Jaime Castleford - 2008/08/22 03:24

If you add lemon to your tea and let it sit for some time, your tea will become cloudy. I think there's no harm in drinking it as its clarity won't affect its taste.

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Re:green tea turns dark

Posted by Cary Mandleson - 2008/08/24 13:14

Strange, my tea turns deep red, almost brown, when left in a thermos for long. It tastes different, too (I tried it once). So, I don't drink the tea anymore when I notice a change in color.

A coworker told me the color change may be due to the continuous breakdown of the catechins present in the tea, and this process speeds up with high temperatures.

I'm not just so sure what happens to the tea when subjected to low temperature for a long time.

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