

Silver Tips of Sri Lanka



THALAWAKELLE: The silver tea leaves are also a form of *Camellia Sinensis*. The leaves are picked before they open fully, when the buds are still covered by fine white hair. Silver tea is scarcer than the other traditional teas and quite a bit more expensive.

Tea made by silver tea leaf is similar to green tea, in that it needs very little processing and fermentation. But there is a noticeable difference in taste. Most green teas have a distinctive 'grassy' taste to them, but silver tea does not. The flavour is described as light and sweet. You should steep silver tea in water that is below the boiling point. If you are drinking tea for your health, you may want to consider silver teas. There is also considerably less caffeine in silver tea than the other varieties (15mg per serving, compared to 40mg for black tea, and 20mg for green). Some studies have also shown that silver tea contains more active cancer-fighting antioxidants than green tea. As with all teas, there are many varieties of silver tea, with poetic names such as: silver peony, golden moon, silver needle and silver cloud. Black tea costs Rs. 150 (1.5US \$) per kg wholesale, silver tea is priced at more than \$1,200 per kg in the international market.