Tea is an evergreen shrub (Camellia sinensis) native to Asia.

Humans have been brewing beverages made from tea leaves for nearly 5,000 years.

There are three main varieties of the tea plant, which are classified by leaf size.

Both the tea bag and iced tea were introduced at the 1904 World’s Fair in St. Louis, Missouri.

Anna Russell, Duchess of Bedford, is credited with creating “afternoon tea” in 1840, when she began taking tea with a light snack around 4 pm to ward off “that sinking feeling.”

Tea was invented in 2737 BCE by Chinese Emperor Shen Nung, also known as the “Divine Healer,” when—as legend goes—some tea leaves accidentally blow into the emperor’s pot of boiling water.

Tea is currently grown in 35 countries, mainly in tropical and subtropical climates.

If left undisturbed, a tea plant will grow into a tree up to 16 m tall.

Tea is categorized based on how it is processed.

After water, tea is the most widely-consumed beverage in the world.

However, they are usually pruned to waist height to make harvesting easier.

The Rainforest Alliance works with farmers to help them efficiently grow tea while protecting natural resources. Look for our seal to indicate tea that’s both good for people and good for the planet.