



## Organic Ceremonial Grade Matcha Powder

### Matcha Cultivation

ACE Matcha is primarily cultivated from the east end of Yangtze-river basin, where there is the home of many top-brand green teas with its best suitable soils and climate for this plant (*Camellia sinensis*). The new leaves are grown in gradually reduced sunlight by **shadowing** for minimum 3 weeks of time prior to harvesting. This timing is critical to ensure the best quality (thin, tender, softer texture, deep green color, fresh flavor, etc.) green tea leaves are produced as the starting material of Matcha.

ACE Matcha green tea is picked from **USDA Organic** certified farms.

### Manufacturing of Matcha



### Nutrition & Health Value of Matcha

When you take Matcha, the whole tea leaf powder is ingested, instead of just water infused through the tea leaves. The shadowing process stimulates an increase in amino acids, chlorophyll and protein levels, which brings more nutrients than the ordinary green tea.

It is reported that 100g Matcha powder contains: 12.09g tea polyphenols / 6.64g protein/ 8.70g crude fiber / 7.20g free amino acid/ 0.85g total chlorophylls.

Matcha's **health benefits** include:

- Powerful antioxidant property
- Boosts metabolism and burns calories

- Detoxifies effectively and naturally
- Calms the mind and relaxes the body
- Enhances mood and aids in concentration
- Provides multi-vitamins, selenium, chromium, zinc and magnesium
- Promotes normal cholesterol and blood sugar

### Ceremonial and Culinary Grade Matcha Differences

#### Shadowing

The shadowing time for Ceremonial Grade Matcha is about 3 weeks and for Culinary Grade Matcha is about 1-2 weeks. This timing affects the flavor of the Matcha.

#### Harvest

Young tea leaves and buds picked for Ceremonial Grade Matcha are harvested during First Harvest season, while tea leaves processed into Culinary Grade Matcha are harvested during Second and Third Harvest season.

#### Flavor

The starting materials of Ceremonial Grade are found at the very top of the tea bush and are extremely delicate, imparting a natural sweetness to Matcha due to its higher concentration of L-theanine and low bitterness because the shadowing suppressing photosynthesis which prevents amino acids in the tea leaves to convert into catechins (the antioxidant known to impart bitter qualities.)

#### Color

Ceremonial Grade Matcha is more vibrant and has a deeper shade of green as it's made of the youngest tea leaves that have higher concentration of chlorophyll, also the shadowing process increases the amount of chlorophyll.

#### Uses

There's no official definition or regulation around what Ceremonial Grade is. Generally, the Ceremonial Grade is best for drinking, while Culinary Grade is better for baking or cooking.