

Green Tea (Sencha)

Botanical Name: *Camellia sinensis*

Family: Theaceae

Energetics: Cooling, slightly astringent

Taste: Bitter, grassy, fresh

Actions: Antioxidant, mild stimulant, digestive support, cardiovascular support, anti-inflammatory

Overview

Green Tea, particularly Sencha, is a Japanese steamed green tea known for its antioxidant content, mild stimulant effects, and cardiovascular and digestive support. Rich in catechins, it supports metabolism, immunity, and general wellness.

Uses

Internal Uses

- Antioxidant and immune support
- Mild stimulant for mental clarity
- Supports cardiovascular health
- Digestive aid

External Uses

- Infused in skin tonics for antioxidant and astringent properties
- Facial steam for skin rejuvenation

Medication Interactions

- May interact with blood thinners due to vitamin K content
- May enhance stimulant medications
- Avoid high doses with iron supplements (may reduce absorption)

Contraindications

- Pregnancy: limit high-caffeine intake
- Children: safe in small amounts; monitor caffeine sensitivity
- Allergy to *Camellia* genus



Caution & Safety

- Moderate consumption to avoid excess caffeine
- Avoid late-day consumption to prevent sleep disruption



Herbal Pairings

Blends Well With

- Lemon Balm (calming and digestive support)
- Ginger (warming digestive synergy)
- Jasmine Flower (floral flavor and calming)

Avoid Combining With

- Iron supplements when taken at the same time
- Other stimulant herbs in high doses



Possible Side Effects

- Caffeine-related insomnia or jitteriness
- Mild digestive upset in sensitive individuals
- Rare allergic reactions



Forms & Dosage

Tea / Infusion

- 1 tsp dried Sencha leaves per cup water
- Steep 2-3 minutes at 70-80°C
- 1-3 cups daily

Capsules / Powder

- 300-500 mg, 1-2 times daily

External / Skin Use

- Infused water or toner applied to skin as desired



Sencha green tea is rich in antioxidants and supports general wellness, mental clarity, digestion, and skin health. It is mild but effective and widely appreciated in both beverages and herbal formulations.

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