



BLUE PEA TEA & MATCHA POWDER

Information & Recipe Booklet

Our Story — From Our Land to Your Hand

Every product we create begins with a dream.

What started as a passion for living a healthier, more natural life and growing our own food and medicinal plants has become a beautiful reality. For many years, owning our own farm was a dream in our hearts. Today, that dream is alive, and we are privileged to share its harvest with you.

At Lady Rose, we believe that exceptional products begin with healthy soil. We don't simply grow plants — we restore the land they grow in. We farm with integrity, patience, and care, working in partnership with nature rather than against it.

Our crops are grown without harmful chemicals, because we believe that what goes into the soil eventually finds its way into the product you hold in your hands. Healthy soil produces healthy plants, and healthy plants produce exceptional natural products.

One of the ways we care for our land is by farming our own earthworms. Their nutrient-rich vermicast and natural worm tea are used to nourish our soil and feed our plants, enriching them naturally while supporting a thriving ecosystem. This regenerative approach helps us cultivate crops with exceptional quality and botanical value.

Every step of our process is carefully managed by us — from selecting the seed to planting, nurturing, harvesting, drying, blending, and packaging. This complete Seed to Seal journey gives us full traceability and allows us to ensure that every product meets the highest standards of quality, purity, and care.

When you choose Lady Rose, you are choosing more than a natural product. You are supporting a family dream, regenerative farming, sustainable practices, and a commitment to producing botanical products with honesty and excellence.

Farm Grown with Integrity and Care.

Traceability from Seed to Seal.

From Our Land to Your Hand.

Thank you for being part of our journey. It is an honour to share the harvest of our farm with you.

From Our Farm

Every Lady Rose botanical — including our Blue Pea flowers — is hand-picked and processed on the same regeneratively farmed land: the valley and mountains that shelter our fields.



The valley and mountains surrounding our farm

Lady Rose Blue Pea Tea

A Vibrant Superflower from Nature

Our Blue Pea Tea (*Clitoria ternatea*), also known as Butterfly Pea Flower Tea, is proudly grown on our own farm using regenerative farming practices. Every flower is hand-picked at the perfect stage of flowering, carefully dried, and packaged to preserve its remarkable colour, delicate flavour, and natural nutritional value.

From Seed to Seal, every step of our process is fully traceable, ensuring you receive a product of exceptional purity and quality.

A Flower with a Long History

Butterfly Pea has been used for generations across South and Southeast Asia, where it appears in traditional Ayurvedic and folk medicine under names such as Aparajita and Sangu Poo. It was traditionally taken to support memory and mental clarity, ease everyday aches and fevers, and as a general tonic for wellbeing — a heritage that has since drawn the attention of modern researchers.

Nature's Blue Antioxidant

The striking blue colour of Blue Pea Tea comes from powerful natural antioxidants called anthocyanins, specifically a group known as ternatins. These compounds help protect the body against oxidative stress caused by free radicals while supporting overall health and wellbeing. The flower also contains flavonoids and naturally occurring cyclotides, a family of stable plant proteins of growing scientific interest.

Traditionally Used to Support

Blue Pea Tea has been enjoyed for centuries and is traditionally used to support:

- Brain function, memory, and mental clarity
- Healthy cognitive performance
- Healthy skin and natural collagen production
- Hair strength and growth
- Eye health
- Healthy digestion
- A healthy inflammatory response
- Relaxation and emotional wellbeing
- Healthy ageing
- Overall vitality

Its naturally caffeine-free nature makes it an excellent tea to enjoy throughout the day.

Supported by Modern Research

Scientific studies have shown that Blue Pea contains bioactive compounds with promising:

- Antioxidant properties
- Anti-inflammatory activity
- Neuroprotective effects that may support brain health
- Blood sugar-supporting potential
- Antimicrobial activity

- Skin-protective benefits

Animal studies have reported that Butterfly Pea extracts improved memory and learning performance and helped protect against age- and stress-related cognitive decline, lending scientific support to its long traditional use as a "brain tonic." Laboratory research has also measured meaningful anti-inflammatory activity, with plant extracts substantially reducing swelling in standard inflammation models, and diabetic-rat studies have recorded notable reductions in blood glucose after a course of treatment. A small early-phase clinical study has even explored Butterfly Pea extract as a complementary support alongside standard tuberculosis treatment, monitoring its effects on patients' immune markers.

As with most botanical research, the majority of these findings come from laboratory and animal studies rather than large-scale human trials. Researchers continue to study this remarkable flower because of its exceptionally high antioxidant content and its potential role in promoting overall wellness, but Blue Pea Tea should be enjoyed as part of a healthy lifestyle rather than as a treatment for any medical condition.

A Word on Safety

Blue Pea Tea is naturally caffeine-free and generally well tolerated when enjoyed as a daily infusion. As with any herbal product, those who are pregnant, breastfeeding, on chronic medication, or currently undergoing medical treatment should consult their healthcare provider before adding it to their routine.

A Tea That Changes Colour

One of Blue Pea Tea's most fascinating characteristics is its natural ability to change colour. Brewed on its own, it produces a stunning deep sapphire-blue tea. Add a squeeze of fresh lemon or lime, and watch it transform into a beautiful purple as the natural anthocyanins respond to the change in pH. No artificial colours — just the beauty of nature.

Why Choose Lady Rose?

At Lady Rose, we believe that healthy soil produces healthy plants. Our Blue Pea is:

- Farm grown with integrity and care
- Grown without harmful chemicals
- Naturally nourished using our own earthworm tea and vermicompost
- Carefully hand-harvested
- Gently dried to preserve its colour and nutritional value
- Fully traceable from Seed to Seal

Every cup reflects our commitment to sustainable farming, exceptional quality, and the belief that nature provides some of the greatest gifts for supporting health and wellbeing. Lady Rose Blue Pea Tea is more than a beautiful blue tea — it's a celebration of nature, carefully cultivated and lovingly shared with you.

Recipe Ideas — Blue Pea Tea & Matcha Powder

Blue Pea (Clitoria ternatea) is loved for its stunning natural blue colour, delicate earthy flavour, and high antioxidant content. Whether enjoyed as a tea or as a matcha powder, it adds beauty, nutrition, and creativity to everyday recipes.

Blue Pea Tea Recipes



Classic Blue Pea Tea

- 1 Lady Rose Blue Pea Tea Bag (or 1–2 tsp loose flowers)
- 250 ml hot water

Steep for 5–8 minutes and enjoy the beautiful sapphire-blue colour.



Magical Colour-Changing Tea

Brew Blue Pea Tea and add:

- Fresh lemon juice
- Honey (optional)

Watch the tea transform from deep blue to vibrant purple naturally.



Blue Pea Iced Tea

- 2 Blue Pea Tea Bags
- 500 ml boiling water
- Ice cubes
- Lemon slices
- Fresh mint
- Honey or agave syrup

A refreshing summer drink.



Tropical Blue Cooler

Mix chilled Blue Pea Tea with:

- Pineapple juice
- Coconut water
- Lime juice
- Ice

A delicious tropical botanical drink.



Blue Pea Sparkling Refresher

Combine:

- Chilled Blue Pea Tea

- Sparkling water
- Lemon slices
- Fresh blueberries
- Mint

Perfect for entertaining.



Blue Pea & Rose Geranium Tea

A fragrant botanical blend.

- Blue Pea Tea
- Rose Geranium Tea
- Honey
- Lemon

Beautiful colour and delicate floral notes.



Blue Pea Wellness Tea

Blend with:

- Ginger
- Lemon
- Honey
- Turmeric

A warming, antioxidant-rich tea.



Blue Pea Mojito Mocktail

Mix:

- Blue Pea Tea
- Fresh mint
- Lime juice
- Sparkling water
- Ice

A vibrant alcohol-free botanical drink.

Blue Pea Matcha Powder Recipes



Blue Pea Matcha Latte

- 1 tsp Lady Rose Blue Pea Matcha Powder
- 50 ml warm water
- 250 ml warm oat, almond, coconut, or dairy milk
- Honey or maple syrup

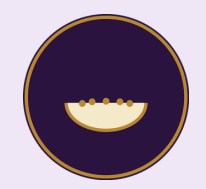
Whisk until smooth and creamy.



Blue Superfood Smoothie

Blend:

- 1 tsp Blue Pea Matcha
- Frozen banana
- Pineapple
- Mango
- Coconut milk
- Greek yoghurt

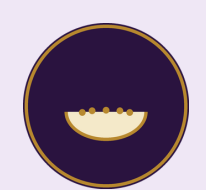


Mermaid Smoothie Bowl

Blend:

- Blue Pea Matcha
- Banana
- Coconut yoghurt
- Mango

Top with kiwi, blueberries, coconut flakes, and chia seeds.



Overnight Oats

Mix:

- Rolled oats
- Almond milk
- Chia seeds
- Honey
- ½ tsp Blue Pea Matcha

Top with berries.



Blue Yoghurt Bowl

Add to Greek yoghurt:

- Blue Pea Matcha
- Granola

- Strawberries
- Blueberries
- Pumpkin seeds



Blue Energy Balls

Blend:

- Dates
- Almonds
- Coconut
- Blue Pea Matcha
- Vanilla

Roll in shredded coconut.



Blue Pancakes

Add Blue Pea Matcha Powder to pancake batter for naturally vibrant blue pancakes. Serve with:

- Fresh berries
- Honey
- Greek yoghurt

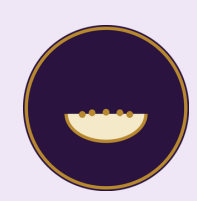


Botanical Lemonade

Mix:

- ½ tsp Blue Pea Matcha
- Fresh lemon juice
- Sparkling water
- Honey
- Ice

Refreshing and naturally colourful.

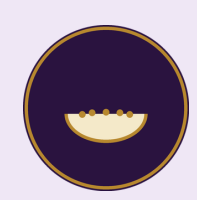


Blue Pea Chia Pudding

Mix:

- Chia seeds
- Coconut milk
- Blue Pea Matcha
- Honey

Leave overnight and top with fresh fruit.



Blue Pea Ice Cream

Blend Blue Pea Matcha into homemade vanilla or coconut ice cream for a naturally vibrant blue dessert.

Baking & Culinary Ideas

Blue Pea Matcha Powder can also be added to:

- Muffins and cupcakes
- Cheesecake and vanilla cake
- Buttercream icing and macarons
- Homemade marshmallows
- Rice pudding and oatmeal
- Protein shakes and smoothie bowls
- Homemade pasta
- Natural food colouring
- Herbal cocktails and mocktails

Create Beautiful Blue Drinks

Blue Pea is famous for its natural colour-changing magic: combine the tea's natural blue with a splash of fresh lemon to watch it turn a vibrant purple. Use it to create eye-catching drinks that are as beautiful as they are delicious.

From Our Land to Your Hand

Every cup and every spoonful reflects our commitment to regenerative farming, exceptional quality, and the beauty of nature.

Farm Grown with Integrity and Care

Traceability from Seed to Seal

Lady Rose – From Our Land to Your Hand

Wholesale, Bulk Supply & Manufacturing

Lady Rose is proud to be a bulk supplier and manufacturer of our own finished botanical products. From growing and harvesting on our own farm to processing, blending, and packaging, we manage the complete journey from Seed to Seal. We welcome enquiries from retailers, distributors, and trade partners interested in bulk raw material or finished, ready-to-market products.

Get In Touch

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