

Rooibos tea

December 3, 2022

In news— Ahead of the Convention on Biodiversity's (CBD) COP15 in Montreal, negotiation may start for Rooibos tea industry.

What is Rooibos tea?

- The mountain bush **rooibos is endemic to South Africa and is used to prepare a deep red brew with a deliciously unique flavour.**
- **The San and Khoi communities were the first to learn the health benefits of rooibos'** needle-like leaves that grew widely on their land.
- But they have remained marginalised in its trade that began in early 20th century during the colonial regime.
- **Today, rooibos is a widely traded and exported commodity, sold to over 30 countries,** with the United States and Europe being the biggest importers.
- **Rooibos, devoid of caffeine and low in tannins,** is a healthy alternative to coffee or tea, studies showed.
- It also comes **loaded with antioxidants that can boost immunity,** reduce risks of heart diseases, protect from viral infection and has anti-ageing properties.
- Rooibos is a broom-like member of the plant family Fabaceae that grows in South Africa's fynbos biome.
- The leaves are used to make a herbal tea that is called rooibos (especially in Southern Africa), bush tea, red tea, or redbush tea (predominantly in Great Britain).