

TEA MARKET REPORT

SALE NO: 30

July 30 & 31, 2024



LANKA COMMODITY BROKERS LTD

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COMMENTS

This week's Tea Auction, namely Sale #30 of 2024 was held on July 30/31, 2024 (Tue/Wed). A total weight of 5.7 mkg was on offer, which shows a slight decrease of 0.01 mkg when compared to the previous week's quantity. The Low Grown Leafy, Semi Leafy, Tippy/Small Leaf & Premium Flowery catalogues totaled 2.4 mkg, while the Main Sale High & Medium segment had 0.80 mkg. The Ex Estate category had 0.80 mkg.

There was fair demand at this week's Ex-Estate sale. Select best Western BOP/BOPF's gained Rs.20-40/- and more following quality and special inquiry. In the below best category, hard leaf BOP's appreciated Rs.50-80/- whilst the others gained to a lesser extent. Below best BOPF's where quality was maintained and sold at the last levels whilst the balance were easier Rs.20-40/-. The majority of the lower end teas were generally firm. The majority of Nuwaraeliya's were unsold. Uva/ Udupussellawa better BOP's gained Rs.20-40/- whilst the others were firm. Their corresponding BOPF's were firm to irregularly lower for the better teas. Whilst the others were sold on last levels. Uva BOP's in general appreciated Rs.50-100/- following special inquiry whilst their corresponding BOPF's were generally firm. CTC Teas -High and Medium PF1's commenced Rs.20-40/- lower and declined further towards the close. Low Grown PF1's in general gained Rs.40-60/- and more following quality and special inquiry. BP1's in all elevations declined. The limited selection of better liquoring teas were sought after by shippers to Japan and Europe whilst the balance were accounted for by Russia CIS and China. The majority of the Exporters continued to be very selective in their purchases.

In the leafy category the better whole leafy teas were in general firm to selective dearer whilst the balance were generally firm on the last levels. PEKOE's too followed a similar trend. In the small leaf category FBOP/FBOP1's were firm in general whilst bright tippy teas declined substantially and mostly unsellable due to lack of suitable bids. Shippers to the Middle East, Russia and CIS continued to be operative at lower levels.

This week's auction comprised of 11,469 lots with a total quantity of 5,794,701 kgs.

In Lighter Vein

The catalogue wise breakdown was as follows:-

HUNG TO DRY

	<u>Lots</u>	<u>Qty. (Kgs)</u>
Low Grown Leafy	1,951	740,917
Low Grown Semi Leafy	1,596	688,587
Low Grown Tippy	1,969	962,308
High & Medium	1,920	844,062
Off Grade/BOP1A	2,159	1,128,499
Dust	571	511,472
Premium Flowery	486	71,261
Ex-Estate	<u>817</u>	<u>846,965</u>
Total	<u>11,469</u>	<u>5,794,071</u>

Jim and Edna are both mental patients. One day Jim jumps into the swimming pool but, doesn't come up for air. Quick as a flash, Edna sees her friend in trouble, so dives in and pulls him out.

Later, the hospital director calls Edna into his office and says "Edna, I've got some good news and some bad news. The good news is, we are releasing you as you are obviously sane saving another life. But unfortunately, the bad news is that Jim hung himself in the bathroom"

"Oh no!!!" Edna replies, "that's where I put him to dry!"

LOW GROWN TEAS

LEAFY/SEMI LEAFY

BOP1 : Select best BOP1's were barely steady whilst the best varieties tended irregular. Below best and secondaries were firm to dearer.

OP1 : Teas in the select best category were firm to irregularly lower whilst the balance declined.

OP : OP's in general, declined.

OPA : Well made OPA's maintained on last week levels and the balance too appreciated by Rs.20/-.

PEK/PEK1: A few teas in the select best category held firm whilst the balance were firm to lower.

Quotations (Rs./Kg)	Best		Below Best		Others	
	<u>This Week</u>	<u>Last Week</u>	<u>This Week</u>	<u>Last Week</u>	<u>This Week</u>	<u>Last Week</u>
BOP1	1700-3100	1700-3100	1100-1400	1100-1400	800-1000	850-1000
OP1	1550-3200	1600-3400	1000-1150	1000-1200	750-850	700-800
OP	1200-1800	1250-1700	1000-1100	1000-1150	700-750	700-780
OPA	1250-1500	1250-1500	1000-1200	1000-1150	700-780	700-780
PEK/PEK1	1550-2200	1550-2200	1200-1400	1200-1400	950-1100	900-1050

TIPPY/SMALL LEAF

BOP/BOPSP : BOP's, in general, were easier.

BOPF/BOPFSP : Few Select Best BOPF's sold around last levels, whilst the others, in general, eased.

FBOP/FBOP1 : Select Best FBOP's were firm, whilst the others, in general, were lower. FBOP1's were firm to easier.

FBOPF/FBOPF1 : Tippy teas declined substantially and mostly were unsellable due to lack sufficient bids. However, a few clean leaf Below Best were firm, whilst the others too declined. Few Select Best FF1's sold around last levels, whilst the balance declined.

FBOPFSP/EXSP : Overall market met with very lower demand, most of the teas were unsold.

Quotations (Rs./Kg)	Best		Below Best		Others	
	<u>This Week</u>	<u>Last Week</u>	<u>This Week</u>	<u>Last Week</u>	<u>This Week</u>	<u>Last Week</u>
BOP/BOPSP	2000-2300	2000-2250	1400-1950	1450-1950	950-1300	1000-1400
BOPF /BOPFSP	1750-2050	1850-2200	1300-1700	1300-1800	950-1250	950-1250
FBOP/FBOP1	2100-2450	2350-2650	1750-2050	1800-2300	1000-1700	1100-1750
FBOPF/FBOPF1	1850-2100	1950-2250	1400-1800	1500-1900	1000-1350	1000-1450
FBOPFSP/EXSP	3000-6350	4000-7900	2300-3000	2500-4000	1200-2300	1200-2600

MEDIUM GROWN LEAFY/SEMI LEAFY TEAS

- FBOP** : Select best FBOP's declined Rs.50-100/- whilst the others in general were lower.
- FBOPF/FBOPF1** : Apart from a few clean leaf select best FBOPF1's sold around last levels, whilst the balance on offer declined.
- PEK/PEK1** : Select best PEK's were firm to irregularly easier. However the bolder varieties maintained and in general were easier.

Quotations (Rs./Kg)	Best		Below Best		Others	
	<u>This Week</u>	<u>Last Week</u>	<u>This Week</u>	<u>Last Week</u>	<u>This Week</u>	<u>Last Week</u>
FBOP	1750-1950	1850-2000	1100-1340	1100-1400	840-1100	980-1150
FBOPF/FBOPF1	1500-1850	1550-1850	1000-1300	1100-1350	830-1000	880-1100
PEK/PEK1	1400-1800	1300-1650	950-1250	1000-1300	800-950	850-1000

HIGH GROWNS TEAS

BOP : Best Western's – Select Best sorts gained by Rs.40-60/- per kg following quality and special inquiry, whilst the others sold at last levels. In the Below Best category, well-made hard invoices appreciated by Rs.50-80/- per kg, whilst the others gained to a lesser extent. Teas at the lower end were firm. Nuwara Eliya's were mostly unsold. Uda Pussellawa's – Better sorts gained by Rs.20-40/- per kg, whilst the others sold at last levels. Uva's, in general, gained by Rs.80-100/- per kg following special inquiry.

BOPF: Best Western's, where quality was maintained, gained by Rs.20-40/- per kg, whilst the others sold at last levels. Teas in the Below Best category, where quality was maintained, sold at last levels, whilst the others eased by Rs.20-40/- per kg. Teas at the lower end were generally firm. Nuwara Eliya's were mostly unsold. Uda Pussellawa's – Better sorts were firm to irregularly lower, whilst the others sold at last levels. Uva's – Better varieties were fully firm following special inquiry, whilst the others were irregularly dearer.

Quotations (Rs./Kg)	BOP		BOPF	
	<u>This Week</u>	<u>Last Week</u>	<u>This Week</u>	<u>Last Week</u>
Best Westerns	1380-1480	1360-1600	1340-1550	1340-1550
Below Best Westerns	1280-1360	1240-1340	1240-1320	1220-1320
Plainer Westerns	1100-1220	1060-1220	1080-1200	1100-1200
Nuwara Eliyas	N/A	N/A	N/A	N/A
Brighter UdaPussellawas	1180-1260	1160-1180	1140-1200	1180-1280
Other Uda Pussellawas	1060-1120	1040-1080	1040-1100	1040-1140
Best Uva's	1280-1380	1160-1280	1220-1280	1200-1280
Other Uva's	1040-1120	1040-1100	1000-1180	1160-1180

MEDIUM GROWN TEAS

BOP : Irregular and mostly lower.

BOPF : Better teas were firm and Rs.20-40/- per kg dearer, whilst the others declined by a similar margin and more.

Quotations (Rs./Kg)	BOP		BOPF	
	<u>This Week</u>	<u>Last Week</u>	<u>This Week</u>	<u>Last Week</u>
Best Westerns	700 - 1900	770 - 1950	720-1280	720-1280

CTC TEAS

HIGH GROWN:

BP1 - Declined considerably and were mostly unsold

PF1 - Commenced Rs.20-40/- per kg lower and declined further towards the close.

MEDIUM GROWN:

BP1 - Declined considerably and were mostly unsold .

PF1 - Declined by Rs.20-40/- per kg.

LOW GROWN:

BP1 - Mostly unsold.

PF1 - Gained by Rs. 40-60 per kg and more following quality and special inquiry.

Quotations (Rs./Kg)	BP1		PF1	
	<u>This Week</u>	<u>Last Week</u>	<u>This Week</u>	<u>Last Week</u>
High	-	-	980 - 1200	940 - 1220
Medium	720	-	790 - 1180	880 - 1200
Low	770-1100	770	940 - 1460	940 - 1400

OFF GRADES

- FGS/FGS1** : Select Best Liquoring FNGS/FNGS1 lost Rs.20-30/- Best and poorer teas firm on last levels whilst well-made Low Grown FNGS/FNGS1 advanced Rs.20/- per kg . Below best firm on last levels. Poorer types too firm.
- BM** : Well-made teas appreciated Rs.30-40/- per kg. Best types advanced Rs.20/-. Poorer varieties dearer Rs.20/- per kg.
- BOP1A** : PEK1's reducers' advanced Rs.25-50/- per kg whilst best BOP1A's firm on last. Below best teas firm on last. Poorer types advanced Rs.10/- per kg.

QUOTATIONS (Rs./kg)	HIGH		MEDIUM		LOW	
	<u>This Week</u>	<u>Last Week</u>	<u>This Week</u>	<u>Last Week</u>	<u>This Week</u>	<u>Last Week</u>
Good Fannings (Orthodox)	950-1220	950-1200	780-850	780-860	810-920	800-900
Good Fannings (CTC)	880-980	880-1000	770-820	770-820	750-850	750-850
Other Fannings (Orthodox)	-	680-750	680-740	680-740	680-770	680-770
Other Fannings (CTC)	N/A	N/A	N/A	N/A	N/A	N/A
Good BM's	825-850	800-830	825-850	810-840	820-1000	810-960
Other BM's	700-750	700-720	700-750	700-740	700-760	700-740
Best BOP1As	800-830	800-830	800-820	800-820	950-1450	900-1400
Other BOP1As	740-760	740-760	740-780	740-780	740-780	740-780

DUST

- DUST/DUST1:** High Grown better liquoring DUST/DUST1's eased Rs.50-100/- due to lack of demand from exporters, whilst their secondaries and below best types were irregular and mostly lower. Lower grown teas were fully firm to dearer.
- PD** : High and Medium teas lost Rs.40-60/-, whilst their secondaries and poorer sorts were Rs.50-100/- lower. Low Grown were too declined by Rs.30-50/-.

QUOTATIONS (Rs./kg)	HIGH		MEDIUM		LOW	
	<u>This Week</u>	<u>Last Week</u>	<u>This Week</u>	<u>Last Week</u>	<u>This Week</u>	<u>Last Week</u>
Good Primary Dust1 (Orthodox)	740-1500	720-1360	730-1220	730-1240	760-980	780-1040
Good Primary PD (CTC)	750-1220	740-1180	750-1220	750-1200	740-1260	720-1240
Secondary Dust	740-1180	750-1180	750-880	760-960	730-1100	730-1200

WESTERN MEDIUM

Harangalla	BOP	1900/-
*Ancoombra	BOP	1850/-
*Hatale	BOPSP	1700/-
Doombagastalawa	BOPSP	1700/-
Vellai Oya	BOPF/BOPFSP	1280/-
*Vellai Oya	BOPF/BOPFSP	1240/-
*Harangalla	BOP1	2000/-
*Ancoombra	BOP1	1950/-
*Orange Field	BOP1	1750/-
*Hatale	FBOP/FBOP1	1950/-
*Ancoombra	FBOP/FBOP1	1900/-
Dartry Valley	FBOP/FBOP1	1900/-
Craighead	FBOP/FBOP1	1900/-
*Harangalla	FBOP/FBOP1	1850/-
Craighead	FBOPF/FBOPF1	1850/-
*Ancoombra	FBOPF/FBOPF1	1800/-
*Harangalla	FBOPF/FBOPF1	1800/-
Dartry Valley	FBOPF/FBOPF1	1800/-
*Hatale	FBOPF/FBOPF1	1750/-
Dartry Valley	OP/OPA	1400/-
*Ancoombra	OP1	1700/-
*Orange Field	OP1	1650/-
Craighead	OP1	1650/-
*Uplands	PEK/PEK1	1800/-
Harangalla	PEK/PEK1	1800/-
Dartry Valley	PEK/PEK1	1800/-
*Meezan	PEK/PEK1	1700/-

WESTERN HIGH

Ingestre	BOP	1480/-
Somerset	BOP	1480/-
Bambrakelly	BOPSP	1650/-
Alton	BOPF/BOPFSP	1550/-
Bogawantalawa	BOPF/BOPFSP	1080/-
*Cymru	BOPF/BOPFSP	1040/-
Torrington	BOP1	1650/-
Bogahawatte	FBOP/FBOP1	1750/-
Bambrakelly	FBOPF/FBOPF1	1850/-
Bambrakelly	OP/OPA	1200/-
Inverness	OP/OPA	1200/-
Bambrakelly	OP1	1440/-
Frotoft Super	OP1	1440/-
Somerset	PEK/PEK1	1650/-

NUWARA ELIYA

Court Lodge	BOP	1120/-
Court Lodge	BOPF/BOPFSP	1000/-
Kenmare	BOPF/BOPFSP	1000/-
Kenmare	FBOP/FBOP1	1440/-
Court Lodge	PEK/PEK1	1320/-

CTC TEAS**HIGH GROWN**

Ulugedara CTC	PF1	1200/-
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MEDIUM GROWN

*New Peacock CTC	PF1	1180/-
*Ancoombra CTC	BP1	800/-

LOW GROWN

Hingalgoda CTC	PF1	1460/-
Suduwelipothahena CTC	BP1	1100/-

UVA MEDIUM

Halpewatta Uva	BOP	1750/-
Blossoms uva tea	BOPSP	1600/-
Dickwella	BOPF/BOPFSP	1600/-
Demodera'S	BOP1	2050/-
Aruna passara	FBOP/FBOP1	1850/-
Halpewatte Uva	FBOPF/FBOPF1	1750/-
Aruna passara	OP/OPA	1220/-
Telbedde	OP1	1750/-
Aruna keppetipola	PEK/PEK1	1650/-
Halpewatte Uva	PEK/PEK1	1650/-
Glen Alpin	PEK/PEK1	1650/-
Aruna Keppetipola	PEK/PEK1	1650/-

UVA HIGH

Glenanore	BOP	1650/-
Ranaya	BOPSP	1600/-
Battawatte	BOPF/BOPFSP	1380/-
Craig	BOP1	1550/-
Gonamotawa	FBOP/FBOP1	1800/-
Oodoowerre	FBOPF/FBOPF1	1700/-
Spring Valley	FBOPF/FBOPF1	1700/-
Aislaby	FBOPF/FBOPF1	1700/-
Gonamotawa	OP/OPA	1200/-
Ranaya	OP1	1550/-
Battawatte	PEK/PEK1	1650/-
Nayabedde	PEK/PEK1	1650/-

UDAPUSSELLAWA

Luckyland	BOP	1260/-
Luckyland	BOPSP	1220/-
Kirklees	BOPF/BOPFSP	1200/-
Delmar	BOP1	1480/-
Blairlomond	FBOP/FBOP1	1600/-
Alma	FBOPF/FBOPF1	1750/-
Blairlomond	OP/OPA	1120/-
*Delmar	OP1	1200/-
Alma	PEK/PEK1	1700/-

OFF GRADES

Bogoda	BP	1500/-
*Chandrika Estate	BP	1380/-
Liyonta CTC	PF	1100/-
Thundola Ella	BM	1300/-
Magedara	BM	1220/-
*Chandrika Estate	BM	1040/-
Mattakellie	FNGS/FNGS1	1240/-
Alton	FNGS/FNGS1	1220/-
*Vellai Oya	FNGS/FNGS1	1200/-
*Chandrika Estate	BOPIA	1460/-

LOW GROWN LEAFY GRADES

*Sithaka	BOP1	3100/-
Sithaka	OP1	3200/-
Miriswatta	OP	1800/-
*Makandura	OP	1700/-
Magedara	OPA	2100/-
Liyonta	PEKOE	2200/-
Lumbini	PEKOE	2150/-
*Makandura	PEKOE	2050/-
*Hidellana	PEKOE1	2050/-
Galathara	PEKOE1	2050/-
Dampaha	PEKOE1	2050/-
New J.S.P	PEKOE1	2050/-

LOW GROWN TIPPY GRADES

Suduwelipothahena	BOP	2300/-
Kiruwana ganga	BOPSP	2050/-
Aruna	BOPSP	1950/-
*Wattehena	BOPSP	1900/-
Pothotuwa	BOPF	1950/-
Wathurawila	BOPFSP	2050/-
*Sithaka	BOPFSP	2000/-
*Sithaka	FBOP	2450/-
*Wattahena	FBOP1	2250/-
Sithka	FBOP1	2250/-
*Hidellana	FBOP1	2050/-
Kosgahagoda	FBOPF	2050/-
*Karawita	FBOPF	1950/-
Sithaka	FBOPF	1950/-
Gunawardena	FBOPF	1950/-
Adams View	FBOPF1	2100/-

PREMIUM FLOWERY

Temple View	FBOPFSP	5500/-
Garden Leaf	FBOPFEXSP	6350/-
*Sithaka	FBOPFEXSP	5950/-
Danawala	FBOPFEXSP1	3600/-
Matuwagalla Super	FBOPFEXSP1	2800/-
*KDU Super	FBOPFEXSP1	2750/-

DUST

Wattegodde	DUST	1180/-
Bearwell	DUST	1140/-
*Fetteresso	DUST	1120/-
Mattakelle	DUST1	1500/-
Kalubowitityana CTC	PD	1260/-

COLOMBO AUCTION – WEEKLY GROSS SALE AVERAGES

SALE NO.29 OF 23rd July, 2024

	2024			2023	
	Weekly	Month to Date	Year to Date	Weekly	Year to Date
Uva High Grown	1,097.52	1,112.10	1,112.65	834.81	1,005.07
Western High Grown	1,195.40	1,195.24	1,194.97	856.50	1,161.01
High Grown	1,164.96	1,167.05	1,168.61	848.24	1,112.84
Uva Medium	1,117.81	1,136.18	1,152.81	950.89	1,035.47
Western Medium	1,018.66	1,046.84	1,082.79	863.83	1,011.19
Medium Grown	1,053.50	1,078.35	1,106.33	894.10	1,018.96
Low Grown (Orthodox)	1,324.58	1,352.35	1,394.05	1,174.61	1,299.54
Combined L.G. (Orthodox + CTC)	1,302.96	1,317.78	1,368.89	1,162.05	1,281.02
Total	1,228.14	1,241.66	1,280.91	1,041.93	1,200.63

Private Sale Figures (22.07.2024 – 27.07.2024) - 145,855.25 kgs

Cumulative - 3,727,717.30 kgs

DETAILS OF TEAS AWAITING SALE

	<u>Sale of 06th /07th Aug. '24</u>		<u>Sale of 13th /14th Aug. '24</u>	
	<u>Lots</u>	<u>Qty. (Kgs)</u>	<u>Lots</u>	<u>Qty. (Kgs)</u>
Low Grown Leafy	1,904	730,117	1,939	715,016
Low Grown Semi Leafy	1,532	654,796	1,491	632,962
Low Grown Tippy	1,949	941,022	1,947	937,212
High & Medium	1,895	834,526	1,896	819,406
Off Grade/BOP1A	2,356	1,179,240	2,270	1,143,755
Dust	619	542,221	559	492,852
Premium Flowery	385	57,214	416	61,421
Ex-Estate	<u>832</u>	<u>853,228</u>	<u>821</u>	<u>831,088</u>
Total	<u>11,472</u>	<u>5,792,364</u>	<u>11,339</u>	<u>5,633,712</u>

FUTURE CATALOGUES CLOSURE

Sale No.33 of 20th /21st August, 2024

The Main Sale & Ex-Estate Sale catalogues are scheduled to be closed on **01st Aug, 2024 at 04.30 p.m.**

Sale No.34 of 27th /28th August, 2024

The Main Sale & Ex-Estate Sale catalogues are scheduled to be closed on **08th Aug, 2024 at 04.30 p.m.**

Sale No.35 of 03rd /04th September, 2024

The Main Sale & Ex-Estate Sale catalogues are scheduled to be closed on **15th Aug, 2024 at 04.30 p.m.**

SALE NO. 31

AUCTION OF 06TH /07TH August, 2024

BROKERS' SELLING ORDER

Leafy/Semi Leafy/Tippy/BOP1A/ Premium Flowery

1. Asia Siyaka Commodities PLC
2. Ceylon Tea Brokers PLC
3. **Lanka Commodity Brokers Ltd**
4. Eastern Brokers PLC
5. John Keells PLC
6. Forbes & Walker Tea Brokers (Pvt) Ltd
7. Mercantile Produce Brokers (Pvt) Ltd
8. Bartleet Produce Marketing (Pvt) Ltd

High & Medium/Off Grades/Dust

1. Asia Siyaka Commodities PLC
2. Mercantile Produce Brokers (Pvt) Ltd
3. Forbes & Walker Tea Brokers (Pvt) Ltd
4. Bartleet Produce Marketing (Pvt) Ltd
5. **Lanka Commodity Brokers Ltd**
6. Ceylon Tea Brokers PLC
7. Eastern Brokers PLC
8. John Keells PLC

Ex-Estate

1. Ceylon Tea Brokers PLC
2. John Keells PLC
3. Forbes & Walker Tea Brokers (Pvt) Ltd
4. Eastern Brokers PLC
5. Bartleet Produce Marketing (Pvt) Ltd
6. Mercantile Produce Brokers (Pvt) Ltd
7. Asia Siyaka Commodities PLC
8. **Lanka Commodity Brokers Ltd**

Crop & Weather

For the period 23rd to 29th July, 2024

Western/Nuwara Eliya Regions:-

The Nuwara Eliya Region reported sunny weather, whilst the Western Region reported rain throughout the week. The Department of Meteorology expects showers and windy conditions in the Nuwara Eliya and Western regions in the week ahead.

Uva/ Udapussellawa Region:-

Bright weather and windy conditions were reported in the Uva and Udapussellawa regions throughout the week.

Low Grown:-

The Low Grown Region reported bright mornings throughout the week. According to the Department of Meteorology, rain is expected in the Low Grown Region in the week ahead.

Crop Intake:-

The Nuwara Eliya, Western and Uva regions maintained the crop intake. The Udapussellawa Region reported a decline, whilst the Low Grown Region reported an increase in the crop intake.

WORLD CROP STATISTICS (MKGS)

Country	Month	2023	2024	Difference +/-	To-date 2023	To-date 2024	Difference +/-
SRI LANKA	June	23.08	23.02	-0.06	134.66	127.43	-7.23
BANGLADESH	March	2.00	1.50	-0.500	2.50	1.70	-0.80
KENYA	March	30.48	54.34	23.86	118.13	168.76	50.6
MALAWI	March	6.50	7.30	0.80	19.10	20.80	1.7
NORTH INDIA	April	63.07	61.98	-1.09	132.08	111.16	-20.92
SOUTH INDIA	April	18.54	12.54	-6.00	59.32	61.52	2.20

“Africa Tea Brokers Bulletin of Statistic”

OTHER MARKETS

MALAWI MARKET REPORT

SALE NO.31 HELD ON 31/07/2024

Less demand continued this week for the small quantity on offer of 3340 packages.

BP1 - were firm to 3USC dearer.

PF1/ PD - were neglected.

DI - fetched up 5USC dearer on last where sold.

PF1SC - N/A

Secondaries were firm to 5USC where sold.

WEATHER/CROP FOR THE WEEK ENDING 22ND JULY, 2024

Dry week, sunny and hot during the day but nights were cool.

No noticeable change in crop intakes which still remain low.

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Crop intakes are still low.

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BANGLADESH AUCTION

SALE NO. 12 OF MONDAY 29th JULY, 2024

CTC LEAF : 52,879 packages of tea on offer met with a fairly good demand but at easier rates.

BROKENS : Well made good liquoring Brokens met with a fairly good demand at slightly easier rates. Medium types were a good market at easier rates. Plainer types met with fair demand and here again prices were easier with fair withdrawals. BLF teas met with less demand and withdrawals were heavy.

FANNINGS : Well made good liquoring Fannings met with a fairly good demand at easier rates following quality. Medium sorts were a fairly good market but were slightly easier. Plainer types met with fair demand and here again prices were easier with fair withdrawals. BLF teas met with less demand and withdrawals were heavy.

DUST : 11, 850 packages of tea on offer met with a fairly good demand. Good liquoring Dusts sold well at barely steady levels. Mediums met with fair demand but sold at a drop of Tk.5/- to Tk.8/- closely following quality. Plain/BLF Dusts also sold at easier levels with fair withdrawals. Blenders lent strong support with fair interest from the Loose tea buyers.

COMMENTS : This sale took place after a gap of one week where offerings were higher. Blenders were more active particularly for the Medium varieties which were absorbed quite readily whilst Loose tea buyers lent more support this week. As a result, withdrawals were less.

Dusts were an easier market.

Quotations – This Week – (In Taka)

Brokens	This Week	Last Week	Fannings	This Week	Last Week	Dust	This Week	Last Week
Best	225-235	230-240	Best	225-235	230-240	PD	195-289	210-259
Good	210-220	215-225	Good	210-220	215-225	RD	160-310	192-318
Medium	205-210	205-210	Medium	200-210	195-210	D	162-349	206-351
Plain	160-180	160-175	Plain	160-180	160-175	CD	160-340	215-282
BLF	160-170	160-1750	BLF	160-170	160-170	BLF	160-206	175-180

COURTESY: NATIONAL BROKERS LTD



SOUTH INDIAN ROUNDUP

FOR THE WEEK ENDING - 27th JULY, 2024

KOCHI

CTC LEAF

Demand : Good Demand. Broken sold at steady levels, fannings were irregular and lower around last levels.

ORTHODOX LEAF

Demand : Good demand.

Buying Pattern : High grown, well made & cleaner blacker whole leaves sold at barely steady levels other whole leaves were lower by almost 10 to ₹12 depending on quality. Primary and secondary broken sold irregular and lower to last. Fannings are fully firm.

Market : CIS & Middle East, buyers operated.

DUST

Demand : Good Demand.

Buying Pattern : Popular marks & better mediums sold fully firm dearer levels by ₹1 to ₹2. Mediums & Plainers sorts also shared the same trend.

Market : Major Packeteers and exporters were active, internal market also were active.

COONOR

CTC LEAF

Demand : Fairly strong.

Market : Fully firm to dearer on the brighter liquoring types and on the blacker, cleaner teas, whilst the larger broken of the mediums were trading at barely steady to irregularly lower by a Re. to Rs. 2/-. However the Smaller Broken and the Fannings across all grades and categories were rather tending lower or were outlisted. The browner and fibrous teas had suffered with fair to heavy withdrawals.

The overall sale percentage is 90% at an average of Rs. 105.13.

Buying Pattern: A good to strong enquiry continued from the Major Blenders with fair support from the Regional Packeteers and Internal buyers. Export enquiry was mainly focused on the Larger Broken.

ORTH LEAF

Demand : Good.

Market : Generally an easier trend with teas across the broken which were trading lower by Rs. 3/- to Rs. 5/- and sometimes more. However the Whole leaf grades along with the Fannings were trading at steady to occasionally dearer levels following quality.

The overall sale percentage is 79% at an average of Rs. 127.79.

Buying Pattern: Fairly strong export enquiry was forthcoming with reasonably good internal support.

CTC DUST

Demand : Good.

Market : Firm to dearer on the brighter liquoring types alongwith the blacker and cleaner smaller grades of Medium category. However the browner flaky teas were discounted in prices or rather suffered fair withdrawals.

The overall sale percentage is 83% at an average of Rs. 98.41.

Buying Pattern: Fairly strong export enquiry was forthcoming with other Regional Packeteers and Internal buyers lending fair support. Anjaneya enterprises continued to be the main stay on the brighter liquoring types.

ORTH DUST

Demand : Strong.

Market: The lower trend continued this week too, barring the popular cleaner primary dust grades which were trading at steady to firm levels, others were tending easier by Rs. 3/- to Rs. 5/-.

The overall sale percentage is 91% at an average of Rs. 108.34.

Buying Pattern: Fair export enquiry was noticed whilst the Internal were rather selective.

COIMBATORE**CTC LEAF**

Demand : Good demand.

Market : Better medium and popular teas were fully firm to dearer. Medium teas were firm to occasionally dearer by Rs.2/ sometimes more. Plainer teas were irregular and lower by Rs.2/- to Rs.3/- with some withdrawals, however as sale progressed the plainer teas were firm.

Buying Pattern : Blenders, packeteers and exporters were active. Internal selective.

ORTH LEAF

Demand : Fair demand.

Market : Whole leaf were barely steady. Well made brokens were firm to dearer by Rs.2/- with some withdrawals. Secondary brokens were lower with heavy withdrawals.

Buying Pattern : Exporters were active.

CTC DUST

Demand : Good demand.

Market : Better medium and popular sorts were fully firm to occasionally dearer with few withdrawals. As sale progressed the better medium finer grades were lower up to Rs.3/-. Medium teas were barely steady. Plainer teas were irregular and dearer. However, the bolder grades were lower by Rs.2/--sometimes more.

Buying Pattern : Blenders and packeteers and internal were selective. Exporters were active.

ORTH DUST

Demand : Good demand.

Market : Fully firm to occasionally dearer.

Buying Pattern : Exporters were active.

MOMBASA TEA AUCTION MARKET REPORT

Sale No.31 of 29th & 30th JULY, 2024

Improved general demand for the 221,720 packages (14.97m/kgs) packages in the market. 53.56% remained unsold.

LEAF GRADES (M2)

OFFERINGS: 127,200 packages (8.41m/kgs) – 58.68% unsold.

BP1:

best – were mainly dearer by up to USC38 but some teas lost up to USC10 with select lines discounted by USC44.

Brighter – Steady to USC41 above last levels.

Mediums – KTDA mediums were firm at previous prices with some teas remaining unsold while plantation mediums started at steady levels and appreciated by up to USC46 as the sale progressed.

Lower Medium – Met irregular interest and carries between firm to USC34 dearer to easier by up to USC26.

Plainer – Steady to USC13 below previous. prices.

PF1:

Best – Improved competition and gained up to USC27.

Brighter – Firm to USC19 dearer.

Mediums - KTDA mediums were steady with a few lines irregular ranging between USC8 dearer to easier by USC10 with plantation mediums firm to USC19 dearer.

Lower Medium – Mostly dearer by up to USC26 but a few invoices lost up to USC13.

Plainer – Appreciated by up to USC14.

DUST GRADES (M1)

OFFERINGS: 71,920 packages (5.39m/kgs))-47.55% unsold.

PDUST:

Best – Most were steady to USC16 dearer but some lines shed up to USC7.

Brighter – Varied between firm to USC10 above last levels to easier by up to USC5.

Mediums – KTDA mediums held value with selected invoices advancing by up to USC16 but a number of lines were neglected. Plantations mediums met good competition and advanced by up to USC20, a few teas however lost up to USC14.

Lower Medium – Appreciated by USC9 up to USC20.

Plainer – Were irregular ranging between firm to USC20 dearer to easier by up to USC16.

DUST1:

Best – Irregular varying between firm to USC5 dearer to easier by up to USC15.

Brighter – Steady to USC6 dearer to USC10 below previous prices.

Mediums - KTDA mediums were firm to USC5 dearer while plantation mediums were irregularly easier by up to USC22.

Lower Medium – Ranged between USC12 dearer to easier by up to USC19.

Plainer – Saw some teas gain up to USC10 while others lost up to USC9.

SECONDARY GRADES (S1)

OFFERINGS: 22600 packages (1.16m/kgs) – 25.84% unsold.

In the Secondary Catalogues, **BPs** were firm with **PFs** steady. Clean well sorted coloury **Fannings** held value while **similar DUSTs** tended easier. **Other Fannings** sold at previous rates with **DUSTs** firm but some lines appreciated. **BMFs** were readily absorbed.

MARKETS: **Pakistan Packers** lent strong support with more activity from **Egyptian Packers** and **Bazaar**. There was improved enquiry from **Kazakhstan** and **other CIS states** while **UK, Afganistan, Yemen** and **other Middle Eastern countries** maintained interest. **Russia** were active with **Sudan** and **South Sudan** maintaining support. **Local Packers** reduced enquiry while **Iran** were absent. **Somalia** maintained support at the lower end of the market.

31st July, 2024

-/ra.

International Tea News

ARE PEOPLE GOING TO DRINK TEA THE WAY WE DRINK TEA?



President Ranil Wickremesinghe emphasized the crucial role of the Sri Lankan tea industry in transitioning the country towards an export economy. He underscored the need for a comprehensive promotion strategy, developed in collaboration with both public and private sectors. The President noted that “Ceylon Tea” is a world-renowned brand and should be further promoted through a new strategic program.

President Wickremesinghe made these remarks while addressing the opening ceremony of the “Colombo International Tea Convention,” which commenced yesterday (25) at the Cinnamon Grand Hotel in Colombo. The two-day convention, themed “Tea : A Lifestyle and a Livelihood,” has been jointly organized by the Colombo Tea Traders

Association and the Sri Lanka Tea Board. An exhibition featuring tea producers and related businesses in Sri Lanka was also part of the event.

Industry experts, leading brands, and social organizations from numerous countries, including Kenya, China, India, Japan, the United Kingdom, the Gulf countries, and the United States, gathered at the convention, representing the entire global tea value chain from crop to cup.

During the ceremony, Mr. Sanjay Herath, Chairman of the Colombo Tea Traders Association, presented a special souvenir to President Ranil Wickremesinghe.

Addressing the gathering the President further elaborated,

As we are meeting here today, the Parliament is debating the Economic Transformation Bill. I need not tell you what we underwent in the last four years. But as we emerge from bankruptcy, we must remember that we still need foreign exchange to pay for our goods. The decision of the government is to transform the economy in the next decade into a highly competitive, export-oriented economy based on net zero and digitalization. The principles and institutions are contained in this bill, which is being debated today.

I hope both sides of the house will vote for it, though there is a big question mark. Nevertheless, I don't intend to speak on the bill itself but to refer to the role that the tea industry has in achieving this transformation. Our transformation from a feudal economy to a modern economy in the 19th and 20th centuries was driven by our plantation industry, by tea. A lot of modernization methods may not have come into being if there had been no tea industry. And certainly, Ella would not have been a tourist attraction without the tea industry coming into being.

So now we are at the next stage. And let's be realistic. We are a country that broke up our capital formation, which came out of land and plantations, for about 30-40 years. Now we are trying to recapture that and to bring plantations up to play a role in the future.

So let me first tell you the first step. I don't think we need plantations. We need a thriving agro-business, both of smallholders and large management companies, who will look at the highest earnings possible. So that is the beginning.

We have to start reforming from inside. Of that, two measures I must mention: one, the need to resolve the issue of remunerations. We have to remember that those who worked in the plantations are some of the people who are at the worst end of the bankruptcy in the country. Secondly, to ensure that we transition to agro-business, we will now extract all the line room areas and the surrounding areas and take them back to the government to re-gazette them as villages so that the line room concept will disappear as people start building.

But then, that's the part of the world we live in. No one lives next to a factory. They come from nearby. If you go to the coconut estates, we don't have anyone living on the lands that belong to us. This is especially because the multi-dimensional poverty indicators in Nuwara Eliya are very high, higher than some of the northern areas that were affected by the war. So these are some of the issues we have to resolve.

Thirdly, there is the question of the debt incurred by some of the enterprises, especially the small enterprises, during this period and how we resolve it. Fourthly, a matter which concerns us and others is the access to the Russian market.

Sanctions have not in any way set back Russia; they have somehow or other come into Asia. The problem is for those of us who have to trade with Russia, and maybe those will require a new look. But we have to wait for the outcome of the US presidential election. Until then, you have to use your means of how you get your tea across to Russia, which I should not know.

But what is the model of our enterprises? We have the smallholders, and how does the plantation industry become agribusiness? Are we going to stay only with tea, or are we going to allow smart agriculture in your areas? Give your means. Those could include forestry, and in time to come, there will be land opened up in other parts of the country for agro-businesses to grow. So there are opportunities to explore.

I have no issue with that. Some of our companies have gone abroad and established themselves elsewhere. That's not a problem with the government as long as we are the biggest player in the game. Subject to that, we can go ahead because Sri Lanka must have a dominating position in the market. But having said that, what is the future of tea? Are people going to drink tea the way we drink tea? What are the Millennials, Gen Z, and all going to do? Now that's your future. And that future is not in Sri Lanka, except for the promotion and the R&D you are doing here. You have to carry your battle straight into these areas, into Europe and America. Are they going to drink iced tea? Are they going to have a tea drink? We do not know.

To help that, Sri Lanka will bring the climate change legislation and the new environment laws which will enable us to hit net zero even before the target date. So that is the help we can provide there. But what people are going to drink is something you all have to decide. Or will you be eating something with tea? We don't know. We just can't say what it is. And that is where the battle is.

So we now have to look at the TRI. What have they done, what should they do for the future, and make it a joint partnership between the government, which will provide funding, and the private sector. So I think, in a way, we have to look now not at the tea board or the tea smallholders. They are all there. They all have to be restructured. But the Tea Research Institute and how we will build it up.

Those are my thoughts on the industry. You ll are the ones who are in the game, and it's for us to look at the future because many of the problems we have mentioned are capable of being settled by us. But we have a future out there. How are we going to keep those markets and expand them? So I wish you all the best in your deliberation.

Minister for Agriculture and Plantation Industries Mahinda Amaraweera,

Over the decades, we have embarked on a transformative journey to strengthen and sustain our tea sector. By the end of 2024, we will establish a globally accepted national sustainability standard for Ceylon tea. This is a significant milestone for the Sri Lankan tea sector and a testament to our commitment to addressing the challenges of climate change and ensuring the development and well-being of plantation workers and smallholder farmers. This new standard will guide the development and implementation of a regenerative agriculture model, promoting low-carbon tea production. This multi-procedure approach includes conducting a strong life cycle analysis to ensure our tea production processes are environmentally sustainable and economically valuable.

This convention is an important forum for Ceylon tea and global stakeholders. We are facing a critical time for tea worldwide, and the theme of this convention, "Tea: A Lifestyle and a Livelihood," is timely and crucial for the tea industry. The conversations planned over the next two days are very important for the industry's future.

My heartfelt gratitude goes to the Organizing Committee, the Colombo Tea Traders Association, and the Sri Lanka Tea Board for their effort and commitment to making this convention a success. I wish to thank everyone who has gathered here to shape a better future for tea and hope the convention will cover the entire tea value chain from crop to cup.

The event grace the presence of notable dignitaries including Chief of Staff to the President and Senior Advisor to the President on National Security Sagala Rathnayaka, Secretary of the Ministry of Agriculture and Plantation Industries Janaka Dharmakeerthi, Chairman of the Sri Lanka Tea Board Niraj de Mel, Co-Chairmen of the Colombo International Tea Convention Mr. Ganesh Deivanayagam and Anil Cooke, along with tea plantation owners, tea factory owners, and local and foreign delegates from the tea industry.
(PMD)

President urges tea planters to navigate sanctions



Sri Lankan tea planters must find a way to send their tea across to Russia, President Ranil Wickremesinghe said, addressing the opening ceremony of the “Colombo International Tea Convention,” which commenced Thursday morning (25) at the Cinnamon Grand Hotel in Colombo.

He said the lack of access to the Russian market, due to sanctions imposed on it, is a serious problem for Sri Lankan tea.

“Sanctions have not in any way setback Russia. They have somehow or other come into Asia. The problem is for those of us who have to trade with Russia. But we have to wait for the outcome of the US presidential election. Until then, you have to use your means to get your tea across to Russia,” he said.

Wickremesinghe said Sri Lanka’s transformation from a feudal economy to a modern economy in the 19th and 20th centuries was driven by the plantation industry. However, the current need of the nation is thriving agro-business.

Companies must think about how young people in Europe and America consume tea and adapt. “You have to carry your battle straight into these areas, into Europe and America. Are they going to drink iced tea? Are they going to have a tea drink? We do not know,” he said.

Why the Russian Tea Sector is Facing Tough Times



(Photo: rusak, iStock / Getty Images Plus)

The Russian tea sector is facing tough times as the ever-tightening sanctions against Russia and the tough business environment in the country puts serious pressure on the sector.

According to official data from the Russian Federal State Statistics Service (Rosstat), as of July 2024, the rate of inflation in Russia is estimated at about 4% on a year-on-year basis. Still, most independent analysts believe the rate of inflation is actually several times higher than the official figures of Rosstat. The record rate of inflation is also observed in the tea sector of Russia.

In accordance with the recent report published by the local Moskovskaya Gazeta business paper, the high rate of inflation and the current problems with exchange rates (caused by sanctions imposed by the US on the Moscow Exchange) lead to the ongoing growth of prices for tea in the Russian market, as well as the growth of costs for local producers and processors.

According to Dmitry Leonov, deputy chairman of the Russian Food Union (Rusprodsoyuz), at present, the average retail prices for black tea in Russia are 1243.4 rubles (US\$14)/kg and 1349.8 rubles/kg in the case of green tea. This is a high figure for Russia, despite the fact that in recent months the purchasing power of many local citizens has significantly increased due to the booming military and industrial sectors, which creates thousands of new jobs throughout the country.

In this regard, most local analysts expect the decline of tea production in Russia this year, as despite historically high demand for tea among Russians, according to data of the Russian Tea and Coffee Association, its consumption has been steadily declining since the 2010s.

Data from the Russian INFOLine research agency showed that last year tea production in Russia had already decreased to 135.900 tons (-7.4%), and there is a high possibility the same negative dynamics will be observed for the entire 2024 year.

In sales' terms, according to Nielsen data, during the period of February 2023- February 2024, tea production in Russia fell by 6.2% in volume terms, while exact figures are not disclosed.

As for production, most of the raw materials for tea production in Russia are grown in the Krasnodar region (located in the North Caucasus region of Southern Russia). Last year, the gross tea harvest in the Krasnodar Territory amounted to 402.300 tons, which is 10% less than in 2022 (446.800 tons). The local Matsesta Tea holding remains one of the major tea growers and received a harvest of 312 tons of fresh tea leaves in 2023.

About 60% of tea is imported into Russia from abroad. These are mainly tea leaves, which are imported into Russia as raw materials, being packaged locally.

According to INFOLine analysts, about 80% of imports come to Russia from five countries: Sri Lanka, India, Kenya, China, and Vietnam. Currently, the dependence on imported raw materials remains the Russian tea market's main problem. In Russia, except for the Krasnodar Territory, there are almost no climatic zones suitable for tea plantings, while the existing plantations in the Krasnodar Territory and the Adygea Republic cannot meet the domestic demand.

In terms of market structure, the major players in the Russian tea market are mostly domestic companies, such as:

- [Orimi Group of Companies](#): About a third of the market, with its main brands Greenfield, TESS, and Princess Noori
- [MAY-Foods](#): 20% of the market, with the RICHARD, CURTIS, MAYSKY, Lisma, and Zavarkin brands
- SDS-FOODS LLC: Distributor of [Ahmad Tea](#)

Prior to February 24, 2022, a substantial part of the market was controlled by foreign players, however, after the beginning of the Russian-Ukrainian war, most of them have been [forced to significantly cut their presence](#) in the local market and even completely leave it.

For example, last year, the Dutch company [JDE Peet's](#) stopped selling its foreign tea brands on the Russian market, and currently only its local brands are still present in Russia. In addition, last year, the local tea producer United Tea Company acquired the Russian assets of Ekaterina and primarily the factory in St. Petersburg, which had the capacity to produce 16,000 tonnes of Lipton tea annually.

Tea vs coffee, beverage world's great debate:

Are tea leaves or coffee beans the better brew for your health?

Tea's calming L-Theanine vs coffee's energising caffeine: Which antioxidant powerhouses for better health? Know their fitness benefits from ancient times to now.

The story goes that Chinese Emperor Shen Nung first tasted [tea](#) as a beverage when he and his soldiers were busy sheltering under a tree and some windblown tea leaves fell into a pot of boiling water, which then infused into it and resulted into today's most consumed [drink](#). First discovered in [China](#) in 2737 BC, tea went on to become a staple within Asian culture where it was a symbolic part of religious rituals before it turned into a drink and a medicinal cure.



Tea vs coffee, beverage world's great debate: Are tea leaves or coffee beans the better brew for your health? (File Photo)

To compete with China's tea production monopoly, Britishers first introduced the tea crop commercially in India in 1824 and ever since then, it is grown in bulk across Darjeeling, Nilgiri and Assam with 900,000 tonnes of tea reportedly produced in the country. On the other hand, as the demand for [wellness](#)-centric products continues to rise, functional [coffee](#) stands out as a delightful and accessible means of fostering a healthier lifestyle where beyond the [caffeine](#) jolt, it has become a wellness ally, blending pleasure with purpose in every cup.

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Tea vs coffee: Which is better?

In an interview with HT Lifestyle, Dr Subrata Das, HOD - Internal Medicine and Diabetology at Sakra World Hospital in Bengaluru, shared, "Tea and coffee both offer health benefits due to their caffeine and antioxidants, improving energy levels, and mental alertness, and potentially aiding in weight loss. Tea, rich in L-Theanine, is calming and promotes relaxation and hydration, helping with stress reduction and sleep. Coffee, with more caffeine, provides a quick energy boost, enhances physical performance, reduces the risk of chronic diseases like Type 2 diabetes and Alzheimer's, and boosts metabolism."

He explained, "Coffee has more caffeine than black tea, which can help reduce the risk of chronic diseases, boost athletic performance, and enhance mood and mental alertness. It also increases calorie burning and fat metabolism. Both drinks are rich in antioxidants: coffee contains flavonoids and chlorogenic acid (CGA), which may inhibit fat cell production, while black tea has polyphenols like theaflavins, thearubigins, and catechins, which aid in fat metabolism and can alter gut microbiota for better weight management."

Dr Subrata Das elaborated, “The antioxidants in both beverages may protect against cancer and heart disease. Coffee provides an immediate energy boost by increasing dopamine levels and blocking adenosine, while tea's L-theanine promotes a calm yet alert mental state by increasing alpha waves in the brain. It is advisable to restrict coffee consumption to 2 cups per day, with a daily caffeine limit of 400mg, roughly equal to 4 cups. Individuals with specific heart conditions, anxiety, or panic disorders should avoid caffeine. Always consult your doctor to decide if caffeine is appropriate for you.”

Bringing her expertise to the same, Dr Rajeshwari Panda, HOD - Nutrition and Dietetics Department at Medi cover Hospitals in Navi Mumbai, shared that both coffee and tea offer unique health benefits and the optimal choice often depends on individual preferences and health goals. Let's break down the key points from a nutritionist's perspective –

Common Ground: Antioxidants and Caffeine

- **Antioxidants:** Both coffee and tea are rich in antioxidants, compounds that protect your cells from damage. These antioxidants contribute to overall health and may reduce the risk of chronic diseases.
- **Caffeine:** While the caffeine content varies, both beverages provide a natural energy boost. However, excessive caffeine intake can lead to anxiety, insomnia, and digestive issues.

Coffee: The Energizing Elixir

- **Potential benefits:** Linked to a reduced risk of type 2 diabetes, Parkinson's disease, liver disease, and certain types of cancer. May also improve physical performance.
- **Considerations:** High caffeine content can be a concern for some individuals. Coffee can also increase acid production in the stomach, potentially aggravating acid reflux.

Tea: The Versatile Brew

- **Potential benefits:** Rich in polyphenols, a type of antioxidant associated with heart health, reduced inflammation, and lower risk of chronic diseases. Certain teas, like green tea, may aid in weight management and brain function.
- **Considerations:** The health benefits can vary widely depending on the type of tea. Some herbal teas are caffeine-free, making them a suitable option for those sensitive to caffeine.

Key Factors to Consider

- **Caffeine sensitivity:** If you're sensitive to caffeine, tea might be a better choice due to its lower caffeine content.
- **Health goals:** Consider your specific health goals. For example, if you're looking to boost energy levels, coffee might be a good option, while tea could be preferable for relaxation and stress reduction.
- **Personal preference:** Ultimately, the best beverage is the one you enjoy drinking consistently.

In conclusion, both coffee and tea can be part of a healthy diet when consumed in moderation. It is essential to listen to your body and choose the beverage that aligns with your individual needs and preferences. If you have specific health concerns, consult with a clinical dietitian for personalized guidance.