

Tartary Buckwheat Tea

Dattan soba cha (Tartary buckwheat tea) is made from the fragrant, roasted seeds of the Tartary buckwheat plant. The tea is made by steeping the roasted seeds in hot water. Buckwheat is harvested biannually in Bungotakada in both the spring and autumn.

Tartary buckwheat tea contains a high concentration of rutin, a flavonoid known for health benefits such as increasing the strength and flexibility of blood vessels, which speeds the healing of bruises and improves conditions such as spider and varicose veins.