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Development and Assessment of Sensory and Shelf Life of Flowers Tea Premix

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ABSTRACT

A lot of the flowers used to make floral teas are good for your health. For example, they can help lower stress and fight inflammation. Floral teas don't have caffeine on their own, but if you mix them with a caffeinated tea, like green or black tea, they can have caffeine in them. Flower tea is good for your skin, hair, immunity, disease prevention, vision, weight loss, detoxification, and digestion. It also helps you sleep better.

They dried these things and then ground them into tea bags. Two kinds of tea bags were made with rose, hibiscus, and butterfly pea flowers. We used points to look at how these tea bags smelled, tasted, and felt. Hedonic rating looks at things like taste, smell, color, and flavor. Antioxidant analysis is also used to find some phytochemicals.

Keywords: Herbal tea, stress reduction, organoleptic properties, rose blooms, hibiscus flowers, and butterfly pea flowers, shelf life.

1.INTRODUCTION

1.1. Tea plant:

The tea plant, *Camellia sinensis*, is a flowering plant in the Theaceae family. It grows as a small tree or shrub that stays green all year. You can use the leaves, buds, and stems to make tea. People often call it the tea plant, tea shrub, or tea tree, but these names have nothing to do with *Melaleuca alternifolia*, the plant that makes tea tree oil, or the genus *Leptospermum*, which is also known as tea tree. Today, the two main types of tea plants are *C. sinensis* var. *sinensis* and *C. s. var. asameia*. These plants are used to make white tea, yellow tea, green tea, oolong tea, dark tea (including Pu-erh tea), and black tea. Each type of tea is processed in a different way to get different levels of oxidation. The most oxidation happens in black tea, and the least happens in green tea. The plant that makes kukicha (twig tea) is *C. sinensis*. But they don't have leaves; they have twigs and stems.

1.2. Tea:

Tea is a fragrant drink made by pouring hot or boiling water over the leaves of the *Camellia sinensis* plant, an evergreen shrub that grows in East Asia and probably came from the borderlands of southwestern China and northern Myanmar. People don't usually use *Camellia taliensis* leaves to make tea, but they do. After water, tea is the second most popular drink in the world. There are a lot of different types of tea. Some taste cool, a little bitter, and astringent, while others taste sweet, nutty, flowery, or grassy. The caffeine in tea is what keeps people awake most of the time. The Chinese wrote the first reliable account of tea drinking in a medical book in the third century AD.

Hua Tuo is a physician. Tea became a popular drink for fun during the Tang period in China. It then spread to other East Asian countries. It came to Europe in the 1500s thanks to Portuguese monks and traders. The English drank a lot of tea and planted a lot of it in British India in the 17th century. Herbal tea is not made from the plant *Camellia sinensis*. You make them by steeping fruits, leaves, or other parts of plants, like rosehip, chamomile, or rooibos. These are sometimes called tisanes or herbal infusions to avoid confusion with tea made from the tea plant.

1.3. Flower and tea:

There are many ways that floral teas are good for your health, such as helping you relax.

To have effects that lower inflammation. There is no caffeine in any of the floral teas, but if you mix them with a caffeinated tea like green or black tea, they can have caffeine.

Flower tea is good for your mental health because it makes you feel better and less stressed.

Drinking flower tea is beneficial to mental health since it boosts mood and reduces stress.

- Sleep aid.
- Skin and Hair care.
- Immunity increase.
- Fighting disease.
- Improve vision.
- Weight loss and cleansing.
- Digestion and oral health.

1.4. Stress Relieving tea:

Stress Relief Tea: Tea is the second most popular drink in the world for a good reason. People all over the world who love tea praise its strong taste and calming effects. A lot of people enjoy "ritualized relaxation," which is when they sit with friends or family and drink a cup of hot tea. It is a plant that changes to fit its surroundings.

Helps our bodies deal with everyday stress and keeps them working right. It also boosts strength, energy, stamina, and the immune system. People also use it to treat anxiety and depression, as well as to improve their mental and reproductive health. The mix of rose, hibiscus, butterfly pea, and tea is not only fun and interesting. It also feeds all the pretty plants. Tea, hibiscus, roses, butterflies, cloves, ginger, and cinnamon all have vitamins A, C, and five other vitamins in them.

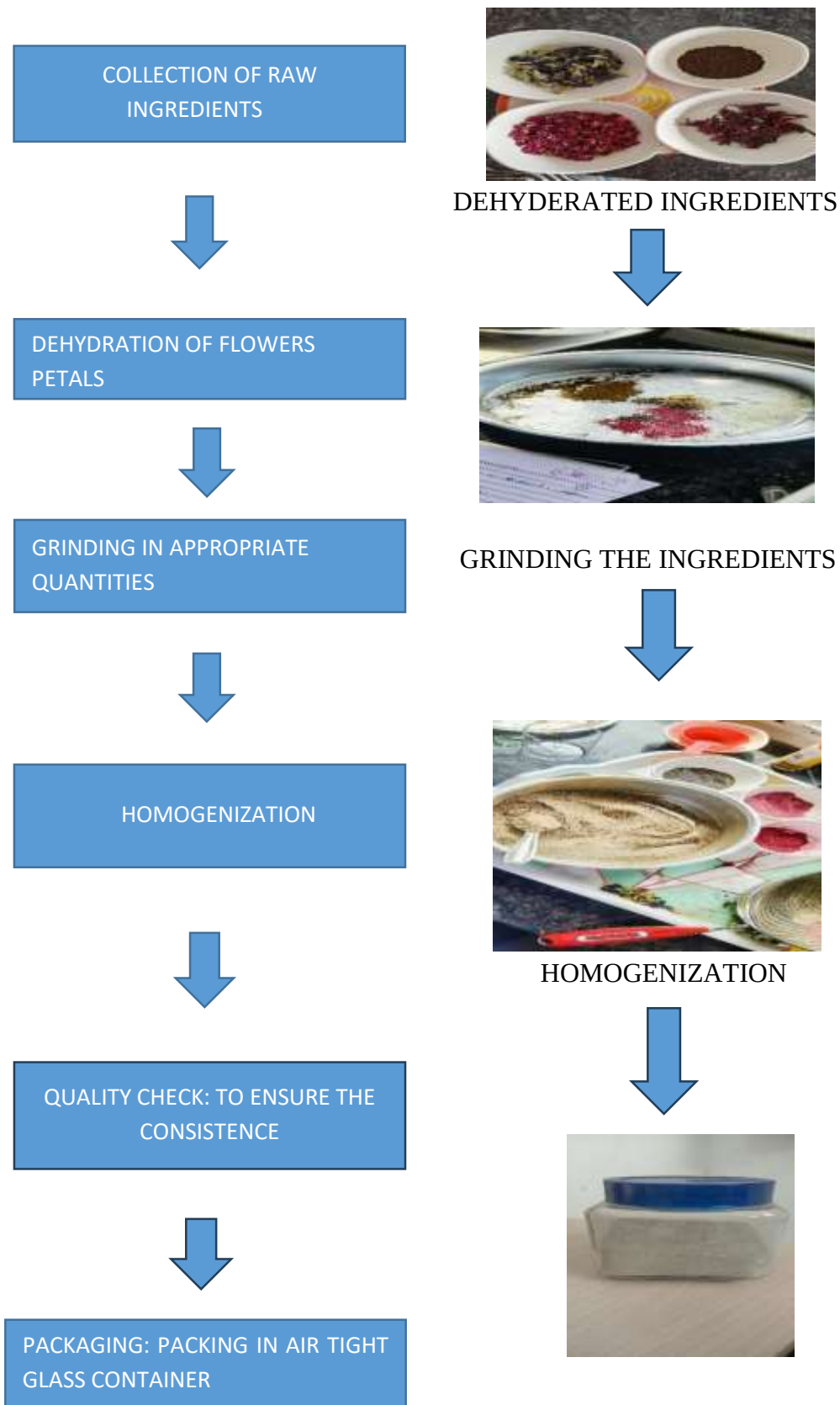
2. METHODOLOGY:

2.1. Collection of ingredients:

All required ingredients were collected from local market of Lucknow city.

ingredients	Quantity in Grams
Rose flowers	15g
Butter fly pea flowers	15g
Hibiscus flowers	15g
Clove	5g
Cinnamon	1/2tsp
Sugar	5g
Milk powder	10g
Tea powder	10g
Ginger	1tsp

2.2. PREPARATION OF FLOWERS TEA PREMIX



PACKING IN AIR TIGHT CONTAINER

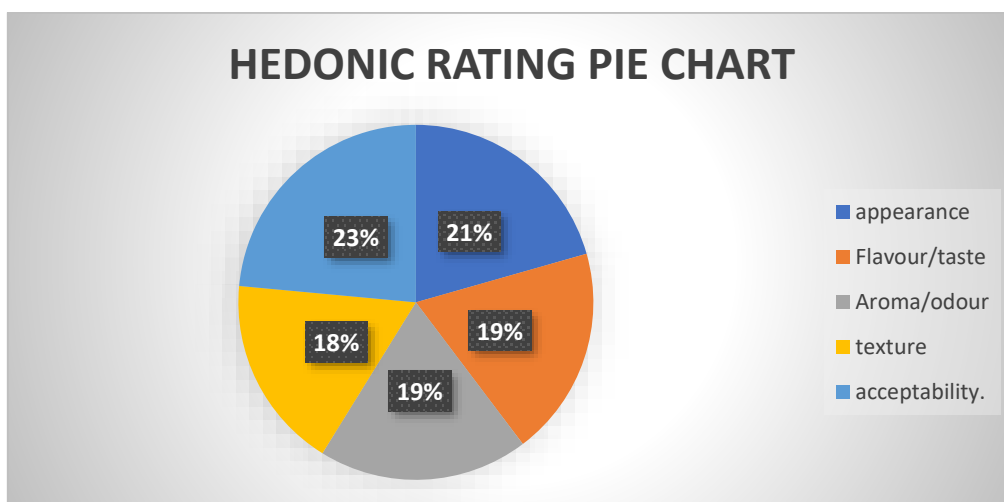
2.3. ORGANOLEPTIC EVALUATION:

Table 1: To assess the organoleptic property of the prepared flowers tea premix. 9 points hedonic rating scale was used.

Attributes	1 Like extremely	2 Like very much	3 like	4 Like slightly	5 Neither like nor dislike	6 Dislike slightly	7 Dislike modera tely	8 dislike	9 Dislike extremel y
appearance									
Flavour/taste									
Aroma/odour									
texture									
acceptability									
overall									

2.3.1. Sensory evaluation:

A trained panel members from food and nutrition department BBAU, using hedonic scale it contains the various characteristics like appearance, Flavour/taste, Aroma/odour, texture, acceptability.



Pie chart: show that various characteristic percentage (appearance, flavour, aroma, texture, acceptability) of the prepared flowers tea premix product.

2.3.2. RESULT:

By using the hedonic scale method to Perform Organoleptic Evaluation for the prepared flower tea premix, the product results show appearance is 21% and flavour/taste is 19%, aroma/odour is 19%, Texture is 18%, acceptability is 23%. Over all the prepared flowers tea premix product is good and likes by many peoples.

2.4. SHELF-LIFE ASSESSMENT:

2.4.1. Microbial analysis:

2.4.1.2. NAM preparation composition

2.4.1.3. Chemicals/materials

Agar, Beef extract, Sample, Petri dish, Conical flask, Test tube stand, Test tubes, Inoculation loop, Bunsen burner, Laminar air flow, Auto clave, Incubator, Distilled water.

2.4.2. Serial dilution

Serial dilution is a widely used technique in science and industry for accurately preparing solutions with predetermined concentrations. Serial dilution can be used to alter the concentration of a flower tea premix solution to the desired amount.

a serial dilution procedure for prepared flower tea premix.

2.4.3. GRAMS STAINING METHOD:

2.4.3.1. Chemicals used:

crystal violet, grams iodine, acetone, saffaron, water.

2.4.3.2. Materials used:

Glass slide, cover slip, microscope.

2.4.4. RESULTS:

After performing the shelf life of the prepared flower tea premix, the results show like this, the microscope observation are showed that there is no microbial growth in the flowers tea premix product.

3. CONCLUSION:

The prepared flowers tea premix is good and liked by many people, and there is no microbial growth in the prepared flower tea premix product, it contains the good quality and having more shelf life of the product, the flowers tea premix is having more nutritional values and health benefits to the human beings.

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