

About Us

Mighty Leaf aims to educate the community about the culture, history and health benefits of tea. We believe tea can make a positive impact on a person's mind, body and soul. Mighty Leaf was founded in 2012 and its headquarters are located in Oklahoma City, Oklahoma. More than 2,000 visitors enter our doors each year to meet with our tea educators.



Tea educators have received extensive training in the art, history and science of tea and are all certified by Mighty Leaf. Additional educational tools are also available on Mighty Leaf's website for those who cannot visit our headquarters.

A Healthy Lifestyle



A healthy lifestyle can be difficult to maintain in the 21st century with the availability of convenient but unhealthy food and beverages. Mighty Leaf knows that a habit of drinking tea can make a transition to a healthy lifestyle much easier. Replacing a sugary carbonated beverage with a regular consumption of tea can provide many possible health benefits.

- hydration
- lower blood pressure
- lower cholesterol
- better digestion
- weight loss
- higher quality sleep
- fewer headaches & migraines
- healthier joints
- more alert senses
- build immunity

Schedule of Events

Mighty Leaf is proud to host these special events and activities at the festival.

Traditional Japanese Tea Ceremony
12:30 p.m. & 2:30 p.m.

Gift Basket Raffle
3:30 p.m.

Children's Storybook Reading
12 p.m., 1 p.m., 2 p.m., 3 p.m.

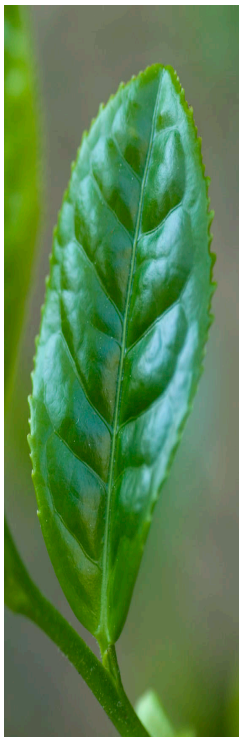
Guest Speaker Donald Rogers, Owner of
Betty's Tea Room of Dallas, Texas
Origins of Afternoon Tea and Tea Parties
1:30 p.m.

Guest Speaker Wendy Xang, retired tea
trader from Anxi County, China
Cultivating Camellia Sinensis
1:30 p.m.



Tea Tasting Festival

Mighty Leaf is excited to host its annual Tea Tasting Festival on Feb. 28. It will be held at the Sheraton Downtown Hotel in Oklahoma City, Oklahoma. The festival is free and will be held from 11 a.m. to 4 p.m. Festival booths will feature different varieties of tea, highlighting each tea's unique properties and history. Mighty Leaf's tea educators will host each booth and be available for any questions. Below is a sample of the teas that will have a featured booth.



- white
- black
- green
- oolong
- pu-erh
- rooibos
- mate
- herbal
- aged



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Tea Tasting Festival



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