

Tea Lover's News



HAPPY NEW YEAR ~ 2015

"Oh! Do not attack me with your watch. A watch is always too fast or too slow. I cannot be dictated to by a watch."

Jane Austen

So where DID the time go? Did 2014 fly by for you as it did for me? I have to admit there were many fantastic and exciting events happening in and around wonderful Delray Beach which explains the swiftness of the year.

As for me, I spent many more hours presenting my Tea Lectures, Education Classes, Tea Consulting and was even invited to speak at the Birkbeck University in London! I am thrilled to announce there will be some new tea venues coming for those living and visiting in the Delray Beach/Boca Raton area so stay tuned to my events page.

My 2015 fresh organic teas have arrived, along with some new favorites which I only receive once a year. Also, my online invoices will now allow you to pay with your credit cards! Hurray!

If you have been following me on social media you would have heard of all the publicity regarding the healthy effects tea has on us. In fact, TEA is trending to be the new superfood of 2015. On the list is "**Kombucha**"

NEW ORGANIC TEAS NOW AVAILABLE

White Ginger Peach

Japanese Bancha

*Japanese Matcha
infused Sencha*

NEW Matcha Shots

Japanese Houjicha

Baihao Oolong

Assam with Apricots

Decaf Irish Breakfast

Ginger Rooibos

*Cinnamon Rooibos
Green Passion*

*"Come share a pot of tea, My
home is warm and my
friendship's free"
Emile Barnes*

which may be new to many of you. It is traditionally a fermentation of a black or green tea. "**Matcha**" consumed by Buddhist monks since the third century also made the list. Here is the [LINK](#) if you would like to read more.

A reminder that **The Morikami Japanese Museum** in Delray Beach has begun its monthly season of demonstrating "Chado" or the "Way of Tea" in which Matcha is used. For those interested here is the [LINK](#). It is not to be missed!

Experts are continuing the actual studies about WHY TEA (camellia sinensis) is so good for us. I am always so wary of claims regarding what tea may or may not do for us as written throughout the internet. Since I am a purist, I must read first the actual studies before reporting the news. Therefore, I have included a page on my website devoted to this type of research. You may read more [HERE](#).

I have also added a description of some of the classes I offer. Please feel free to call me should you have any questions regarding availability, class size etc. [LINK](#).

A sincere THANK YOU to all of you who have blessed me with a wonderful year. It is truly special for me to share with you the LOVE of TEA.

"Education of TEA One Sip at a TIME"

Barbara Tea Specialist, CTS

~ drink fresh ~



Japanese Houjicha Curry

Houjicha is the roasted version of the Japanese Bancha Green Tea. It has a nutty taste and is great hot or cold. This soothing and satisfying vegetarian dish will warm your soul! Easy to prepare you will find this curry stew sweet and savory, not to mention loaded with antioxidants. Click [HERE](#) to view the full recipe.

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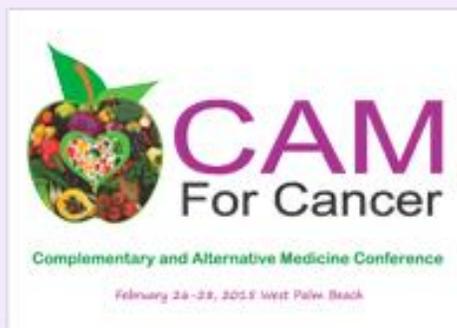


UPCOMING EVENTS

Every Saturday Morning 8:00am - 1:00pm
Royal Palm Place ~ Boca Raton [LINK](#)



9th Evidence Based Cancer Therapy Conference
West Palm Beach, February 26-28, 2015 [LINK](#)



The Orchid Tea Room LLC, Delray Beach, Delray Beach, Florida 33483

\$5.00 - 50g

*All Organic
Cut Cinnamon
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Ginger Rooibos
Rooibos with
Cinnamon*



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**My very best wishes for a
Happy & Healthy 2015!**

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