

# Tea Lover's News



## SUMMERTIME ~ 2015

*So I say "My dear if you could give me a cup of tea to clear my muddle of a head I should better understand your affairs." And we had the tea and the affairs too.... ~Charles Dickens, "Mrs. Lirriper's Legacy"*

I LOVE summertime in Florida! The streets become un-crowded, the beaches and restaurants are easier to get into and the thought of making any kind of iced tea excites me. So did you know you could make a most delicious **cold brew** iced tea?

I first learned of this method on my first trip to Japan where my guide was explaining to me how she prepared a Bancha Green Tea for her children. It was an easy enough process she explained by placing the whole tea leaves in a glass pitcher with a cover; poured filtered water over and set in the fridge overnight. The result is a smooth, less astringent taste with no bitterness, a crisp flavor and may be made using any kind of tea or tisane. (*herbal*)

**NEW  
SEASONAL  
TEA  
FAVORITES  
NOW  
AVAILABLE**



***Mango Spice & Tea  
Preserve  
Pint ~ \$6.00***

Tea "taste" is such a subjective topic for which there are no bad answers, as I explain in my tea cupping classes. Always judge tea taste by what you like. Often a properly timed brew will change your opinion of what you like.

Two events happen when one pours hot water over tea leaves. All leaves of the tea plant (*camellia sinensis*) contain caffeine and tannin. When the water poured is too hot for the leaf being brewed, or it is steeped longer than recommended, the liquor in the cup becomes bitter or astringent. Most of the caffeine in the leaf also is released. TEA BREW CHART [HERE](#) This may be the reason so many people do not like the taste of tea.

Now there are studies out there about the nutritional value of drinking cold vs. hot tea, a debate which would take another page to review. For any one interested, The National Institute of Health report their finding [HERE](#).

I am simply presenting here another method to brew tea for those who love iced tea and wish an alternative method to boiling water. The recipe is the same; use double the amount of tea as recommended for hot tea, normally 1 teaspoon per 8oz cup.

If MATCHA (Japanese Green Tea Powder) is your preference, we now have in stock the "Matcha Sticks on the GO". Simply pour one package into a 16oz of cold water! Ten times the antioxidants are found in one bottle, compared to drinking six cups of regular green tea. The Yoga Studios RAVE about this one. Read about MATCHA [HERE](#).



### *DD's Organic Mangos*



### *Spice & Tea Rub 6oz ~ \$5.00*

*Though I cannot flee  
From the world of  
corruption,  
I can prepare tea  
With water from a  
mountain  
stream And put my  
heart to rest.  
~Ueda Akinari*

Summertime is also MANGO time, and this year I changed up my chutney recipe to include an organic Darjeeling Tea. It is terrific as a poaching sauce or used as a topper for any grilled meats.

NEW this year is my TEA spice rub which I prepared for an outdoor event I did this spring, using the smoky Lapsang Souchong Black Tea. It was such a hit I decided to produce a few jars so get them while they last! Both items are limited and come complete with easy recipes

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Have a TEA-Riffic SUMMER everyone!

"Education of TEA One Sip at a TIME"

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***Blackened  
Alaskan  
Sockeye Salmon  
with Spiced Tea  
Rub***