

Tea Lover's News



SPRING TEA HARVEST

In many parts of the tea growing world, spring is a very busy time for the first picking of tea, referred to as the "spring flush". News from China is that the devastating freeze in the Eastern part of China and the drought experienced in the Yunnan province will most likely produce a different crop of this year's spring jewels, so I'll keep you posted.

We too have been busy getting the "TEA" word out there with some very special events. May 1st from 9am - 2pm there will be an informative WELLNESS FAIR called ["Develop/Empower/FIT" at Boca Raton's ROYAL PALM PLACE](#). The YMCA along with 4th Generation Market and many other locals to provide a morning of exciting events. I'll be there with my teawares as well as pouring some exciting organic tea blends! There will be lots of vendors (*as well as The Green Market*) so bring the kids for a wonderful FREE event!

Thursday, May 6th marks [THE SEAGATE HOTEL & SPA'S Spring Shopping Event](#). I'll be there from 4pm - 6pm pouring tea. Then I'll run over to THE RED TENT, from 6:30pm - 8:00pm for their ["Mommy's Night Out" program](#). Lot's of mini-treats and door prizes galore! I hope I don't run out of my Green Tea Cookies!

Saturday, May 8th marks [The Florida Naturopathic Physicians Conference](#) being held this year at THE RED TENT. From 9am - noon it will be open to the public. Discover how Naturopathic Medicine can improve your health. There will be booths, tables and opportunities to speak with Naturopathic Physicians from around the state. Don't miss one of the very special Keynote Demonstrations scheduled at 9:00am. "Ancient Walking to Primal Rhythms" given by Randy Eady, Ed.M,NCC. I'll be there pouring some very special organic teas. The afternoon session from 12-6pm will be closed for their annual conference.

Friday, May 14th at 6:30pm join [YOGAWORK'S REIKI CIRCLE](#) & THE HEALTH BENEFITS OF TEA. Reiki Master, Mary Rosi will guide you through a meditation along with her Reiki Circle and I will be talking tea & be serving some NEW signature blends. Pre-registration is required so don't miss this very relaxing and informative lesson.

Edgewater Pointe Estates is presenting ["Tai Chi with TEA"](#) for their members on Saturday, May 15th. Don't miss Sunday, May 16th is the Year Anniversary Party for [THE CHAYA FOR LIFE CENTER](#) in Delray Beach. Join me there from 2pm - 4pm for a very special "Japanese Matcha Demonstration".

[The City of Parkland Library](#) will have on display, for the month of May, many antique tea cups on loan from city residents. On Monday, May 17th at 11:00am I will present "Time For Tea" and include how to present an English "High Tea". Attendance will be FREE but registration is required.

Please be sure to check back on my website for added fun

GRILLED FISH with TANGY GINGER SAUCE

My fish of choice is local Florida Pomano!

Serves 4

- 1 Tablespoon local honey
- 2 Tablespoons fresh lime juice
- 1-1/2 Tablespoons finely grated fresh ginger
- 1 Tablespoon Asian fish sauce or tamari
- 1 clove of garlic, minced
- Four 6 oz. fish fillets
- Sea Salt & fresh ground black pepper
- 1/4 cup fresh cilantro sprigs

Light grill to medium hot fire. In a small bowl mix the honey, lime, ginger, fish sauce and garlic and set aside.

Grill fish over med. hot fire for about 3 minutes per side or until just cooked through.

Transfer the fish to a platter & spoon the sauce over top of the fish. Garnish with the cilantro sprigs.

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THE SIX COLORS OF THE CAMELLIA SINENSIS

During the Ming dynasty (1368-1644) the Chinese created six tea colors to differentiate processing methods which produced **WHITE, GREEN, YELLOW, RED, BLUE-GREEN AND BLACK** teas. After infusion, the colors of the wet leaves were examined and categorized with the exception of white tea, which although has white tips while dry, takes on more of a gray-green tinge after infusion.

events for the Month of May!

As always, I look forward to hearing from you.

All The Best Through Tea!

Barbara The Tea Specialist
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WHAT IS ROOIBOS?

In the mountainous Cederberg region in the Cape of Africa grows a green shrub with fine needle-like leaves of the *Aspalathus linearis* plant named Rooibos. (Pronounced ROY-BOSS) The Khoisan Tribe of this area used this plant as a beverage and a coloring agent.

Around 1772 botanist Carl Hamberg discovered this naturally caffeine free tisane an alternate to drinking tea. But it was not until 1968 that Dr. Annique Theron wrote "Allergies-an amazing discovery" and discussed the potential health benefits of Rooibos. Not only did this member of the legume family contain antioxidants, but alpha-hydroxy, calcium, iron, manganese, potassium and zinc as well. In addition, Rooibos contains no oxalic acid and may be drunk freely by individuals suffering from kidney stones.

Medical science is only beginning to discover the many physical benefits of Rooibos as shown by studies and discoveries with skin care, insomnia, hypertension, heartburn, asthma, hay fever, stomach cramps and colic in infants, to name a few. Rooibos contains little tannin and therefore does not have a negative effect on the absorption of iron or calcium, and is safe drink for pregnant, nursing mothers and children.

There are two types of Rooibos. The "green" is processed similar to green tea in that it is cut, and steamed in order to stop oxidation and to prevent any bacterial growth. The red version has a more complex process with more steps in steaming, bruising, & drying which oxidation is allowed.

The liquor of this plant has a honey-like taste which is mild and aromatic. Today it is possible to find your favorite flavor blended with Rooibos to make the brew of your dreams!

My personal favorite is blended with Cranberries, Elderberries, Black Currants & Hibiscus making it higher in Vitamin C than Orange Juice, with none of the acidic interference.

Check out the many new Rooibos arrivals at THE ORCHID TEA ROOM!

"Education of Tea One Sip at a Time"

The Orchid Tea Room

561/213/3990

Fine Organic Teas,
Tisanes & Products

SPRING ASPARAGUS with INDIAN SPICES

Serves 4

Asparagus is full of fiber, vitamin A and iron. Look for firm, bright green stalks with tight tips and is best cooked the day you buy them.

1-1/2 lb organic asparagus cut
into 1" pieces
1 shallot
1/2 fresh green chili
2 cloves garlic, chopped
1/2 teaspoon ground cumin
1/8 teaspoon tumeric
1/4 teaspoon sea salt
1 Tablespoon olive oil

Place shallots, green chili, garlic, cumin and tumeric in a food processor. Grind to a coarse consistency. Heat the oil in a wok or pan. Add the asparagus and stir-fry for 2-3 minutes. Make a hole in the center of the vegetables and put the ground spices there. Cover the spices up with the asparagus and sprinkle salt over the top. Add 1/4 cup of water and cover. Cook for 2 minutes or until the asparagus tastes tender but remains bright green.

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