

Tea Lover's News



HAPPY PASSOVER, HAPPY EASTER, HAPPY SPRING!

Spring is one of my favorite times of the year. Rebirth is abound and witnessed in the air we breathe, the sky we see, and the earth we touch. Tender new blooms are everywhere influencing ever aspect of our being.

Also true is the production of the spring tea harvest. Whether it be the sweet taste of Japanese Ichibancha, the prized 1st Flush of Darjeelings or the Chinese Huang Shan Mao Feng, all are wonderful testimonies to new beginnings of spring.

I wish to send out a big THANK YOU to all of my new friends at [The Red Tent](#) Healing Arts for Women located in Delray Beach for some great events. The addition of your new Japanese Ashiyu Lotus Footbath will certainly bring many happy feet to your door! Everyone is looking forward to your upcoming event "One Day Without Shoes" on April 8th as well as your open house on April 11th. Contact The Red Tent for more information at: 561-865-5791.

Save the date SATURDAY, MAY 1, 2010 for a spectacular [WELLNESS EXPO](#) being held in Boca Raton at Royal Palm Place. Join us for some tastings of those exceptional Spring Teas!

As always, I look forward to hearing from you.

All The Best Through Tea!

Barbara The Tea Specialist
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COMPARING TEA TO WINE

Whenever I am teaching the history of the tea plant known as Camellia Sinensis, I am constantly reminded of the tremendous similarities between tea and wine. Beginning with the planning, planting, growth, production, and ending with the picking, processing, tasting, and evaluation, these two plants have much in

GINGER MISO DRESSING

This dressing may be used with all kinds of salads as well as veggies. Try using it as a marinade on grilled veggies or seafood.

MAKES ABOUT 1-1/4 CUPS

- 1 Clove garlic crushed
- Small knob of ginger finely chopped
- 2 Tablespoons organic yellow miso
- 1/2 cup apple cider
- 1/4 cup filtered water
- 1/2 cup organic extra virgin olive oil
- 1 Tablespoon local organic raw honey or agave
- Celtic sea salt to taste

In a blender combine all ingredients until smooth. Chill to marry flavors.

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BREWING TURKISH TEA

Although better known for their coffee, the Turks have been producing their own specialty brew of fully oxidized black tea for

common. Although after researching this topic I found so much can be written about these similarities, I've decided just to touch the surface.

The end result of both productions, like many other food products, was first associated for their medicinal powers before becoming a part of gastronomy. Early documentation reports "Hippocrates" being the first to recommend wine to treat various illnesses, while Chinese Buddhist monk Lu Yu, during the Tang dynasty, (618 - 907) developed a tea soup which included the eating of its leave to aid in various medical cures.

Both tea and wine were also associated with rituals that developed over the course of centuries in both parts of the world. The Greek god of wine "Dionysus" drank wine after the meal in accordance with a highly codified ritual, while during the Middle Ages monks used wine in their traditional Mass. The same was true of tea which was also consumed in a social manner by the Emperor and his court; first as a soup, and then replacing water. (At the time water was not suitable for drinking)

The grape vines and tea bushes were cultivated with definite respect to certain climatic conditions. The importance of the soil, amount of rainfall, sunlight, humidity, and terrain played crucial factors producing wines and teas with particular differences in color, body and aroma. The expertise of the farmer was instrumental if not crucial to the success of their crop, where growers began to produce different varieties producing different results. Over time both plants began to adapt to the different ecosystems. Vines prefer chalky or clay soils, whereas tea bushes grow best in soils rich in acid. Both seem to thrive best on hillsides or mountainsides, and as they grow older, allowing their roots to reach deeper, typically produce a cup with aromatic potential and enhanced taste. Vine and tea plants grow in different climates, however, while tea plants grow in humid tropical conditions, vines like temperate climates. Both are relatively hardy perennials tolerating a wide range of temperatures.

Once picked, grapes and tea leaves must be speedily transported to their processing site or they will spoil. It is interesting that the black grape will produce a white, rose or red wine, so the green tea leaves can also produce their six tea colors of white, green, yellow, red, blue-green and black.

Natural tannins are found in both plants, which produce a genuine parallel between each of these products in the mouth. We speak about the aromatic notes of tea and wine, and the five elementary taste sensations of sweet, sour, bitter, salty and most recently, umami. We take sips, not gulps in tasting; with tea a loud slurp and wine

centuries. Çay, (pronounced CHAH-ye and of the Camellia Sinensis) is offered as a sign of friendship and hospitality any time of the day or night.

Many of the tea production come from plantations near the town of Rize, with the original tea factories being built around 1947. Fully oxidized, this strong, full-flavored aromatic tea is normally brewed in a samovar so that it may be "cut" to the desired strength with hot water. Served in traditional tulip-shaped glass, with a silver spoon so that one may place the desired cubes of sugar, but count on a strange look should you ask for milk or lemon!

To brew begin with fresh filtered or spring water. Bring your water to a full boil in a tea-kettle. Take 1 teaspoon per person of your favorite full leaf black tea and place into a porcelain tea pot, which will fit on the top of the tea kettle minus its lid. Fill the tea pot with the boiling water from the kettle and replace tea pot over the kettle. Reduce the heat under the kettle so that the remaining water continues to slightly boil with the tea pot sitting on top. Brew for 15 minutes. Pour the tea into a glass 1/3 or 1/4 full, depending upon how dark or light you like it. The tea glass is then topped off with hot water from the tea kettle.

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**Fine Organic Teas,
Tisanes & Products**

swished inside the mouth and both expelled and not swallowed. The liquor (as it is called in both tea and wine) is evaluated on color, balance, smell, taste and more technically how it pairs with food.

In 15th century France the Parliament began certifying the authenticity of a certain cheese coming from a place called Roquefort. From this the French Ministry of Agriculture began the Institut National des Appellations d'Origine now called the INAO, which oversees that certain products are produced in the place of origin and in 1919 the "Law For The Protection of Origin" was passed. In 1937 the AOC seal was created and mandated by French law and since then expanded to include a variety of agriculture from Champagne to Cheese to even poultry. Today this certification has reached as far as India to include the regions of specific teas in Darjeeling, Assam and Nilgiri, each of which has its own logo certifying the origin.

Today we speak about the current and on-going studies in health benefits within its leaves containing powerful antioxidants or polyphenols such as L-Theanine and Epigallocatechin gallate (EGCG), found in green tea and resveratrol found in grape skins. All of this research is pointing towards reasons why we should enjoy a daily cup for not only relaxation but for overall good health.

The mind-body association is equally profound. One naturally has related sitting down to enjoy a cup of tea as a "break" from the stress of everyday life. Some parts of the world make it a mandatory, treasured intermission of each day. A glass of wine at the end of the day imparts a sense of relaxation as joining in "happy hour".

Whichever your pleasure, or perhaps both, the vocabulary is the same. I'll just raise my cup/glass and wish you a blessing "To Your Health", "A Votre Sante", "Salute", "Kanpai", "Wen Lie", or "Tulleeho".

"Education of Tea One Sip at a Time"

RAW SWEET POTATO & LEEK SOUP

1 1lb organic sweet potato
1 large leek
Small knob of ginger finely chopped
1 organic avocado
1 Tablespoon Braggs Liquid Aminos
1/2 organic white onion
1 medium ripe organic tomato
1 cup filtered water
Celtic sea salt & white pepper to taste

Scrub sweet potato and cut into 1/2 inch cubes. Wash leek and chop. Place all ingredients into a food processor or high speed blender. Blend until the texture is smooth. Add more water if necessary. Adjust seasoning to taste.

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