

Tea Leaf by Sereni-tea

News, Recipes, and Information about Tea

Sereni-tea, 108 B Chestnut Street, Mount Shasta, CA 96067
530-926-1688

www.sereni-tea.net

Tea Research

Some fancy a smooth, relaxing, steaming cup of brewed tea, others a cold, refreshing glass of iced tea, but regardless of how it is served, tea is fast becoming the preferred beverage of many. Now, tea lovers can feel better than ever about consuming their favorite drink. Jeffrey Blumberg, PhD, FACN, chief of the Antioxidants Research Laboratory at Tufts University, has identified tea as one of the top healthy foods for the new year, the new millennium and beyond, and people across the country are celebrating during National Hot Tea Month. ``This January is the perfect time to consider tea as part of a healthy diet. As a new year and new millennium begin, people are making resolutions to eat and live healthier, and there's no better time to celebrate tea's healthy attributes than National Hot Tea Month," said Joe Simrany, president of the Tea Council of the USA. Scientists have found that tea contains antioxidants, substances that can reduce oxidative damage in the body, helping to maintain healthy cells and tissues. The latest epidemiological research suggests that drinking black tea may reduce the risk of cardiovascular disease. Earlier epidemiological and laboratory studies suggest a relationship between tea consumption and reduced risk of several types of cancer, including oral, digestive, lung and colorectal, and that tea has greater antioxidant power in vitro than many fruits and vegetables. ``It's no longer a matter of considering just the vitamin and mineral content of our diets. People now need to recognize that foods and beverages can contribute important phytonutrients like the antioxidant flavonoid," said Dr. Blumberg. ``Flavonoid-rich and virtually calorie-free, tea is an ideal choice for those looking for a delicious drink that fits perfectly into a healthy diet." *Source: Company Press Release, January 6th, 2000, Tea Council of the USA*

Sereni-tea will be closed for vacation from March 12 through March 20! Sorry for the inconvenience.

Sereni-tea Web site

Our web site is informational right now but we are soon starting to add e-commerce to our web site, which means you will be able to shop on line for all the teas we offer in our store by spring. We will also add links to other tea related sites to enable you to get even more information about tea.

New teas at the store:

We have added a black tea from the tea garden of Kaproret in the Kericho region of Kenya. This tea is still produced with orthodox methods and is medium to full bodied in cup with a slight smoky flavor and taste on the finish.

We now also offer a black Spicy Chai and a Green Chai. These teas are located in the India tea section, on the first shelf.

Sereni-tea teas at Mount Shasta Establishments:

We are excited to have eight of our teas offered at **Billy Goat's Tavern** (926-0209)! Now you can enjoy a great cup of tea while hanging out "at the goat".

Also: Visit Pam Garnett at the new **Uptown Salon** (925-4211) on Castle street and she will offer you a cup of tea while you have a beauty treatment with her.



Start a Trend: Throw a Tea Party

Come in for inspiration and anything you need from invitations, tea and cookies to new cups or a tea pot. Try the recipe below for a savory snack to serve and have fun!



Tea time Recipe

These cute cucumber sandwiches taste great with any tea you might be serving at your next afternoon tea. Add a box of our new Mashuga Shortbread cookies and you are ready for your guests!

Heart shaped Cucumber Sandwiches

Translated from the Tea calendar at Sereni-tea.

- 3.5 oz. Philly Cream cheese
- 1 Tbsp. Cream
- 1 Tbsp. Lemon juice
- 2 Tbsp. chopped Chives
- Salt and pepper -
 - add all ingredients into a small bowl, stir to combine and season to taste with salt and pepper
- 5 slices of bread, toasted –
 - spread the cream cheese mixture equally on all slices, use a heart or flower shaped cookie cutter to cut out 4 shapes from each slice
- 1 cucumber –
 - wash and peel, cut into two halves lengthwise, remove the seeds and slice thinly.

Arrange the thin slices of cucumber on all cut out toasts evenly and garnish with some fresh cut watercress or dried dill weed. Enjoy!

Intro to tea production

Excerpts from the book "Tea – discovering, exploring, enjoying" by Hattie Ellis.

There are two main varieties of the tea plant, *Camellia Sinensis*, which provides the sweeter flavored Chinese teas and the Indian *Camellia Assamica*.

All teas start from green leaves. It is the subsequent process that determines whether they are black, green or oolong. Think of how autumnal leaves, deprived of their sap, wither and dry. The making of black tea is an accelerated, controlled version of this act of nature.

First the plucked leaves of the tea plant are withered so they become more pliable. These partially dried leaves are then rolled to release their juices and enzymes. There follows a process of oxidation, which produces the characteristic flavor and color of the black tea. Finally, the tea is fired with hot, dry air to destroy the enzymes and stabilize the leaves.

Green Tea, by contrast, is made from the un-oxidized leaves, which are simply heated to destroy the enzymes that would cause oxidation. They are then rolled to release their flavor and then dried to stabilize the tea.

Oolong teas, much loved by connoisseurs, are a cross between black and green teas, with the oxidation stopped after a short time, so they retain the freshness of green teas while taking on the subtle, sophisticated flavors and maturity of black teas.

Rare and precious white teas are a Chinese specialty. The tips of the unopened leaves are carefully hand-picked while they are still furled in a silver, downy bud, and then dried. White tea is a pale, delicately fragrant infusion that is offered to honored guests. An almost spiritual drink, it is like sipping serenity.