

# Tea Leaf by Sereni-tea

## News, Recipes, Events and Information

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[www.sereni-tea.net](http://www.sereni-tea.net)



### The Health Benefits of Rooibos...

With its many positive attributes, Rooibos (pronounced: ROY-boss) tea is a great choice of drink for health conscious people.

Rooibos tea contains no colors, additives or preservatives, making it a natural beverage. It contains no caffeine. According to studies conducted in South Africa and Japan Rooibos has been shown to aid in health problems such as insomnia, irritability, headaches, nervous tension, and hypertension.

Studies also show that this tea relieves anti-spasmodic agents, which can relieve stomach cramping and colic in infants.

In South Africa Rooibos has been used to treat allergies such as hay fever, asthma and eczema very effectively.

It is also used to treat irritated skin. Rooibos is brewed and placed directly on infected areas.

Rooibos contains anti - oxidants which can help slow the aging process and boost the immune system.

Rooibos is a great thirst quencher and is an excellent beverage for active people, including children.

This tea contains no oxalic acid, making it a good beverage for people prone to kidney stones. Rooibos contains the minerals copper, iron and potassium, calcium, fluoride, zinc, manganese, alpha- hydroxy (for healthy skin) and magnesium (for the nervous system) are also components of this tea. In South Africa pregnant women and nursing mothers drink Rooibos because it contains no caffeine.

Rooibos tea contains the following		
Nutrients :		Per 8 oz.
Iron	Fe	0.07mg.
Potassium	K	7.12mg
Calcium	Ca	1.09mg
Zinc	Cu	0.07mg
Magnesium	Zn	0.04
Fluoride	F	1.57mg
Manganese	Mn	0.04mg
Sodium	Na	6.16mg

Source: [www.africantea.com](http://www.africantea.com)

### NEW: Ice teas and cook book

We offer now 3 organic, artisan ice tea blends: Citron Green (White tea), Lychee Berry (Black tea) and Peach Rooibos (Rooibos tea). These teas are easy to prepare and contain very fruity, refreshing flavors for the upcoming summer. The ice teas are displayed in golden containers on the top middle shelf between the "India" and "China" sections of tea.

Another new item are the single packets of Sencha powder (green tea) that can easily be emptied into a 16 oz. bottle of water, shaken up and enjoyed on the go. Hydrate yourself with all the benefits of green tea. It has a fresh and slightly sweet taste. These silver packets are displayed next to the ice teas in a red basket and are available in singles for 50 cents, or bags of 6 (+1) for \$3 or 12 (+2) for \$6.

Also check out the new cook book, "Tea-Time at the Inn" by Gail Greco, for all kinds of great recipes to create your own unique tea parties. You'll find the book in the center display with all the cups etc.

### Sereni-tea teas at Mount Shasta area establishments:

We are excited to have five teas on the menu at "**Café Maddalena**" (235-2725) in Dunsuir. Treat yourself and your friends to this amazing dining experience and enjoy a cup of tea with dessert.

Also: six of our teas are offered at the "**Harmony Happens**" Spa (925-2311) at the Mount Shasta Resort. Sign up for a day of beauty and relaxation and enjoy a cup of tea.

## Tea Leaf Readings at Sereni-tea

Come in with your friends, enjoy a cup of tea and have a fun and intuitive tea leaf reading with Linnea Gael.

Every 3<sup>rd</sup> Thursday each month starting April 20 from 2 to 5pm.

Cost: \$12 per pot of tea that serves up to 5 (all extras included). Readings are by Donation.  
Call to reserve your time, allow one hour for a full group.



### Tea Recipe

This is a different version of Sangria with Rooibos tea; replacing some of the wine with tea, will keep the alcohol content lower than in the original recipe.

Treat your guests at the next get-together to this fruity drink.

(Contains alcohol – always drink responsibly!)

### Rooibos-Sangria

(Serves 20)

Translated from the Book "Rotbuschtee" by Dr. Joerg Zittlau

- 2 Tbs. Rooibos Tea
- 4 cups boiling water-
  - pour water over tea and steep for 2 minutes, pour through a fine sieve into pitcher
- 2 cups sugar-
  - dissolve in tea, let tea cool down completely
- 2 apples, peeled, sliced
- 2 lemons, peeled, diced
- 2 oranges, peeled, diced
- 2 bottles red table wine
- 1 cup brandy -
  - add all ingredients to cool tea, stir well, keep cool until serving
- 1 bottle plain soda water –
  - add to sangria before serving.

To serve: pour Sangria and add some of the fruit into the glass too.

### How much caffeine does a cup of tea contain?

The simple answer is: it depends. There are two main variables that influence the caffeine content of a cup of brewed tea: the type of leaf and the tea preparation method. First, let's examine the type of leaf. On average, tea leaves contain 3% caffeine by weight, although this can range from 1.4% to 4.5%. Many factors determine the caffeine content in the dry leaf, such as soil chemistry, altitude, type of tea plant, position of the leaf on the tea bush and cultivation practices. For example, the young bud and first leaf generally have slightly more caffeine than leaves picked from the lower part of the tea bush. The leaves from the small leaf China tea plant (*camellia sinensis*) tend to have lower caffeine levels than the leaves from the large leaf Assam tea plant (*camellia assamica*). One factor that does not impact caffeine level is the level of oxidation. Green, oolong, black and white teas all contain caffeine. No one category of tea has more or less caffeine than another. Again, it all depends on the particular tea in question.

Next, let's take a look at the tea preparation method. There are many parameters that affect caffeine content such as the amount of leaf, the leaf particle size, water temperature and steeping time. For example, tea steeped in hot water for a longer time will release more of its caffeine than tea steeped with cooler water for a shorter period. A smaller leaf tea will release more of its caffeine than a larger leaf tea.

A Department of Nutritional Services report provides the following ranges of caffeine content for a cup of tea made with loose leaves:

- Black Tea: 23 - 110 mg
- Oolong Tea: 12 - 55 mg
- Green Tea: 8 - 36 mg
- White Tea: 6 - 25 mg

Source: [www.thefragrantleaf.com](http://www.thefragrantleaf.com)

### Book & Art Walk Weekend in April

We are proud to announce that **Rick Garrett** will be playing guitar on **Friday April 21 from 5 to 8pm**, to kick off the 3<sup>rd</sup> Friday Book and Art walks.

**Judith Conrad** will do individual 15 minute (\$30) recorded Tarot readings on **Saturday April 22 from 1 to 4 pm**, on a drop in basis.

We will offer extended opening times on all 3<sup>rd</sup> Fridays in the summer months through September!