

Tea Leaf by Sereni-tea

News, Recipes, Events and Information

Sereni-tea, 108 B Chestnut Street, Mount Shasta, CA 96067
530-926-1688 www.sereni-tea.net

Tea for heart health

Source: (Excerpts' from Harvard Medical School, News Release May 6, 2002)

According to a study in the May 7, 2002 issue of *Circulation: Journal of the American Heart Association*, drinking tea on a regular basis may help protect patients with existing cardiovascular disease. "The health benefits of tea have been reported in numerous studies in recent years" notes the study's lead author Kenneth J. Mukamal, MD, MPH, of the Division of General Medicine and Primary Care at Beth Israel Deaconess Medical Center. "The greatest benefits of tea consumption have been found among patients who already have cardiovascular disease." Mukamal and his co-authors found that among individuals who had suffered heart attacks, those who reported being heavy tea drinkers had a 44 percent lower death rate than non-tea drinkers in the three-and-a-half years following their heart attacks, while moderate tea drinkers had a 28 percent lower rate of dying when compared with non-tea drinkers.

The key to this protective quality of tea points to a group of antioxidants known as flavonoids, which are plentiful in both black and green tea. Flavonoids, which are also found in certain fruits and vegetables, including apples, onions and broccoli, could be working to help the heart in one of several ways according to the researchers.

NEW: 2 flavored green teas

Moroccan Mint Tea (a blend of Chinese green gunpowder, broken spearmint and natural peppermint flavoring). The North African way is to pour this tea from a great height, creating bubbles on top of the drink. Mint tea is drunk in small, often decorative, glasses that are frequently replenished. Some people like to put pine nuts into the glass: they soften as they soak in the tea and are eaten in the end.

Earl Green Tea, the old favorite in a new, green tea version created with the fragrant and light Taiwan "Pouchong" leaves and natural essential oil of bergamot citrus fruit.

Look for our two kinds of **Lemurian Lavender Tea** designed in collaboration with the Mt. Shasta Lavender farm this summer!

Sereni-tea teas at Mount Shasta area establishments:

We are pleased to have seven teas offered at the "**Trinity Cafe**" (926-6200) in Mount Shasta. Treat yourself and your friends to this delicious dining experience and enjoy a cup of tea with one of their fabulous desserts.

Check out the "**Flying Lotus Movement Center**" Teahouse dinner theater nights on the 1st Saturday of each month, our tea is served for dessert!

OPEN: 4TH OF JULY WEEKEND!

Sereni-tea will be open throughout the Holiday weekend! We'll be serving free ice tea out side our store to thirsty street fair visitors. Also: Join the race on the 4th of July morning and stop at our station to quench your thirst. Wishing you a happy 4th of July and a great summer!



Ongoing Tea Leaf Reading Afternoons

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

Next Date: Saturday, June 24 from 1 to 4 to pm

Cost for tea and reading: \$7.50 per person (all extras included), up to 4 people per group.
Please, call ahead to reserve your time, allow one hour for a full group.



Tea Recipe

A refreshing, reviving summer drink to enjoy on a hot day.

Lime-Cream-Tea

(Serves 2)

Translated from the Book "Tee – die kleine Schule" by Cornelia Teufel

1 lime-

- wash lime hot, zest off the peel, cut lime in half and squeeze the juice, set aside

10 leaves of fresh lemon balm-

- wash leaves thoroughly, dry them, slice them all finely but 4 nice leaves (to be used for decoration), set aside

2 cups of water –

-bring to a boil

4 tsp. Assam tea (broken leaf) -

- pour boiling water onto tea, steep for 2 minutes, strain into pitcher

2 – 3 tsp. sugar -

- add to tea with lime zest, juice and chopped leaves. Let the tea cool down completely, before serving place pitcher 15 minutes in freezer.

4 small scoops of lemon sorbet

½ cup of Bitter Lemon-

- in two glasses place two scoops of lemon sorbet each, pour the cold tea over it, add the Bitter Lemon and garnish with the remaining, whole lemon balm leaves. Enjoy!

Origin of tea

Source: tea - discovering, exploring, enjoying by Hattie Ellis

Around 4,700 years ago, so the story goes, wild tea leaves fell into a pot of boiling water. The resulting infusion was sipped by the legendary Chinese emperor Shen Nung, the divine Healer. "It quenches thirst," he noted. "It lessens the desire for sleep. It gladdens the heart."

The Chinese have woven tea into their stories, their philosophy, their art, and their literature, as well as into aspects of their daily life. Successive dynasties produced different styles of tea drinking, and sophisticated ceramics to match. Tea became a part of body, mind, spirit, and home. This Chinese passion was given a text by the eight-century scholar, Lu Yu, whose three volume treatise, *Classic of Tea (Ch'a Ching)* brought together such knowledge as how to grow the plants and the use of 20 different types of water to make the brew, along with poetic descriptions of leaves that shrink and crinkle like a Mongol's boots or swell and leap as if tossed on wind ruffled water.

Ongoing Tea & Tarot Afternoons

Media celebrity and renowned Tarot teacher **Judith Conrad** will hold 15 minute recorded Tarot readings on

Saturdays, June 3 & 17 / July 15 & 29 from 1 to 4pm!

Cost \$30, includes a fragrant cup of tea and a recording of the reading.

First come, first serve.