

Tea Leaf by Sereni-tea

News, Recipes, Events and Information

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Benefits of Green Tea

Source: excerpt from JapaneseGreenTeaOnline.com

There are four primary polyphenols in green tea and they are often collectively referred to as catechins.

Powerful antioxidants, catechins have been shown in recent studies to fight viruses, slow aging, and have a beneficial effect on health. Clinical tests have shown that catechins destroy free radicals and have far-reaching positive effects on the entire body.

Free radicals are highly reactive molecules and fragments of molecules that can damage the body at the cellular level leaving the body susceptible to cancer, heart disease, and many other degenerative diseases.

Epigallocatechin gallate (EGCG), an antioxidant found in green tea, is at least 100 more times more effective than vitamin C and 25 times more effective than vitamin E at protecting cells and DNA from damage believed to be linked to cancer, heart disease and other serious illnesses. This antioxidant has twice the benefits of resveratrol, found in red wine.

Reduces high blood pressure. Drinking green tea represses angiotensin II which leads to high blood pressure.

Lowers blood sugar. Green tea polyphenols and polysaccharides are effective in lowering blood sugar.

Fights cancer. There have been many studies that have shown that green tea catechins are effective at preventing cancer.

Green tea also **boosts the immune** system because of its high concentrations of polyphenols and flavonoids.

NEW: Web shopping available!

Our whole tea selection can now be viewed online at www.sereni-tea.net. Placing an order via phone, e-mail or fax is easy and secure.

Our events are updated monthly and new teas will be listed there, as they become available.

Sign our e-mail list at the store or send us an e-mail to get our latest updates.

Some of our teas will be replaced as our supplier renews his selection, but we will make sure to replace them with even more yummy flavors and great choices!

New Tea:

Rooibos Paradise is no longer stocked, it is right now only available in the herbal "Mount Shasta Tea Sampler".

We replaced it with a tasty **Rooibos "Pina Colada"** (Pineapple/coconut).

It will remind you of a tropical vacation!

Sereni-tea teas at Mount Shasta area establishments:

If you have out of town guests you might recommend a Bed & Breakfast for them to stay at. Like the "**Dream Inn**" (926-1536) on Chestnut street, in walking distance of all the great shops and fun restaurants and they do serve our tea for breakfast!

Maybe the "**Shasta MountINN**" (926-1810) on Birch street is more to their liking with the added retreat amenities like sauna and massage in a quiet setting with amazing views of the mountains and a special drawer with our teas for afternoon tea.



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 Dates: September 23 from 1 to 4 to pm

Cost for tea: \$2.50, Cost for reading: \$10 (Total \$12.50 per person) up to 4 people.

Please call ahead to reserve your time, allow one hour for a full group.

Private Tea Leaf Readings can be arranged to fit your schedule, inquire at the store.



Tea Recipes

Inspired uses for our “Sencha Ice tea powder” and great ways to add the benefits of green tea into your daily life!

Breakfast Drink

(Serves 2)

Recipe created by Daniela Bose & Monika Gubler

1 ½ cups milk or milk alternative

2 packets of Sencha Powder

1 banana

4 apricots –

- blend everything in blender until smooth, serve in tall glasses.

Try it with berries and other fruits, let your inspiration and personal taste guide you. Enjoy!

Cold green tea on the go

The “Sencha Ice tea power” is a great addition to plain water too, just add one of the packets into a 16 oz. water bottle, shake it up and enjoy green tea on the go.

Green Tea ice cream

Soften store-bought vanilla ice cream, blend in “Sencha ice tea powder” then refreeze. Scoop it out when it is back to its frozen consistency and enjoy!

Teas of Japan

Source: *the Tea Man's Tea Talk*, www.teatalk.com

Bancha is a very common, coarse or rough tea. It is generally composed of lower grade tea leaves, which are divided into two kinds: large leaf, and small leaf. Neither is particularly suited to a sophisticated palate. Served, for the most part, free in Japan (those located within the country of Japan) restaurants.

Sencha is a tea with three quality levels: high, medium and low. It is manufactured from the tender top two leaves and the shoots for the high and medium grades and from the third from the top leaf for the low grade. However, the processing of these leaves is most important in producing a high-grade tea. It must be done using the utmost of care, patience and love. Without these attributes it becomes nothing. It is used, primarily, to add to the enjoyment of fine Japanese foods.

Gyokuro: This is the absolute finest grade of Japan leaf tea. In tea terminology it is considered to be sweet. It is very, very fragrant and this fragrance adds to the overwhelming appreciation of this magnificent Japan Green Tea. It can be consumed with only the very best of Japanese cuisine but more often simply by itself. To add to the glory of this tea, we recommend preparing it with and serving it to a loved one or to an especially endeared friend. Of course, if you wish to impress a client, your employer or another important person then this IS the tea of my preference.

Matcha: This is probably the finest green tea in the world. It is, however, NOT a whole leaf tea. It is a powdered tea and must be prepared to exacting standards using exacting methods for it to return to the preparer its profound qualities. It is exceptionally smooth and easy to drink. It brings a smile to the palate that spreads throughout the entire body. A perfect balance between aroma, taste and vision (the three quality characteristics sought after in a tea). It is high in several vitamins including vitamin C. Matcha is used exclusively in the Japanese Tea Ceremony or Chanoyu.

Ongoing Tea & Tarot Afternoons

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

Saturdays, September 2 & 16 from 1 to 4pm!

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

First come, first serve.