

# Tea Leaf by Sereni-tea

## News, Events, Recipes and Information

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### Jasmine Tea

Jasmine tea is one of the most pleasant tasting green teas available on the market. The dry tea has a floral bouquet which literally causes your senses to come alive with pleasant thoughts. The flavor is enhanced with the addition of Jasmine blossoms which give the tea a visual appeal few other teas are able to reproduce.

The production of jasmine tea is quite unique. Traditionally layers of jasmine blossoms were placed between fine green tea allowing the scent of the Jasmine to permeate the tea. Today, hot air is passed through the jasmine blossoms and then filtered through the tea so that the blossoms can be used more than once. The exhausted blossoms are then used to decorate the tea. Produced in both China and Taiwan, jasmine tea yields a concentrated cup of a garden in bloom.

Source: [www.harvestfields.ca](http://www.harvestfields.ca)

Sereni-tea offers an organic Jasmine tea, an Oolong Jasmine “Xian Yun”, which has more depth and is very mellow. We also carry the more expensive “Dragon Phoenix Pearls”. This Jasmine tea is a hand rolled green tea (2 leaves and a bud) infused with night-blooming Jasmine blossoms which are then removed by hand leaving just the scent on the pearls.

### New Product additions

We are adding another green tea from China: an **organic Bi Lo Chun**, which has a rolled leaf and a smooth, slightly nutty flavor. Another new addition is the **Blossom Oolong**, containing Oolong tea, Chrysanthemum blossoms and Bergamot oil. The **Jasmine Peach Blossoms** are back in stock as well as a new addition to our display teas: a **Blooming Heart**: a green tea leaves crafted into a heart revealing three different blossoms and produces a mellow, smooth liquor when infused. We are now carrying James Norwood Pratt’s **New Tea Lover’s Treasury**, a very complete account of the history of tea and descriptions of the many teas available on the market today.

**Chrysanthemums as tea** Traditionally and medicinally used in China for tea only the yellow or white flowers are boiled down to make this sweet drink. The tea is prescribed in Chinese medicine for influenza, and it has a cooling effect on the body, it is often used for treating heatstroke. Chrysanthemum tea also detoxifies the blood; helps with sinus congestion, high blood pressure, and can also calm the nerves. Chrysanthemum Tea can also be used to sharpen vision and hearing, and clear the brain.



## Tea Recipe

### Sparkling Jasmine Ice Tea

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

A sparkling iced tea, flavored with jasmine and brown sugar syrup. A refreshing change from the ordinary ice tea for the hot summer months!

#### **Needed:**

4 cups water, boiling  
3 Tbs. loose jasmine tea  
1 cup brown sugar  
1 1/4 cups sparkling water

#### **How to:**

Use a small pan to dissolve sugar in 3/4 cup of water, and boil gently until a syrup has formed. Set aside and let cool.

Steep the jasmine tea in the remaining hot water for 3 to 4 minutes. Fill a pitcher half way with ice cubes, strain the tea into pitcher, and sweeten to personal taste with the syrup. Add the sparkling water, pour over ice and enjoy!



## Who Invented Iced Tea?

Conventional wisdom holds that iced tea was invented in 1904, at the St. Louis World's Fair, by a British tea merchant named Richard Blechynden. While he may have helped popularize iced tea, "tea punches" — alcoholic ancestors of the drink — were served decades earlier in the United States, and at least one late 19th century cookbook includes a recipe for iced tea. Interestingly, about 80 percent of the tea served in the United States today is iced tea.

### A Heads Up!

This year's International Film Festival is featuring a film: "All in this Tea". It is a great film that shows the search by David Lee Hoffman for the worlds best handmade teas in China's remote regions. If you are interested in this feature, keep your eyes peeled for the festival schedule and our October news letter. We might be planning a special event and other offers around this movie.

E V E N T S	<p><b><u>Tea &amp; Tarot Afternoons</u></b> Media celebrity and renowned Tarot teacher <b>Judith Conrad</b> will hold 15 minute recorded Tarot readings on</p> <p><b>Saturdays</b> (from 1 to 4pm) <b>August 4<sup>th</sup> &amp; 18<sup>th</sup></b> <b>September 1<sup>st</sup> &amp; 15<sup>th</sup></b></p> <p>Cost: \$30 includes a fragrant cup of tea and a recording of the reading. <b>First come, first serve.</b></p>	<p><b><u>Tea Leaf Readings</u></b></p> <p>Come in with your friends, enjoy a cup of tea and have a fun, intuitive tea leaf reading with <b>Linnea Gael</b>.</p> <p>Cost: \$15 per person 3 to 5 persons per group</p> <p><b>Please call Gael</b> (926-0650) for an appointment time and date and meet her at Sereni-tea for the reading.</p>	<p><b><u>Tea &amp; Animal Talk</u></b></p> <p>Come with a picture of your animal companion, have a cup of tea with <b>Victoria Song</b> and hear what your animal companion has to tell you.</p> <p><b>Wednesday</b> (from 2 to 5pm) <b>No appointments In Aug!</b> <b>September 5<sup>th</sup> &amp; 19<sup>th</sup></b></p> <p>For 1 animal: 15 min. /\$30 For 2 or more: 30 min. /\$50</p> <p><b>Please call Sereni-tea</b> to reserve your time &amp; space.</p>
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