

Tea Leaf- by Sereni-tea

News, Events, Recipes and Information

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Teas from India

Darjeeling – known as the “tea of mountain mists”- grows high in the foothills of the Himalayan range, where its bushes are wreathed with the damp, clear air of the mountainside. The altitude and the coolness are crucial to this champagne of teas. The slow growth produces leaves of a delicate power with hints of Muscat grapes, perfumed roses, and citrus fruits. A fine, white cup of pale gold Darjeeling, drunk without milk, is the captivating queen of drinks: beautiful, regal, and flirtatious. First flush teas, sought by tea-lovers as soon as they go on sale in the spring, are the lightest and most refreshingly aromatic.

Assam teas, grown in the northeast of India, come from a native Indian tea plant, with leaves that are lightly less sweet than the Chinese plant. The teas are invigorating, malty, strong, full-bodied, and sometimes almost spicy.

The highlands of southern India, such as the Nilgiris, are also famed for their fine, fragrantly fruity teas, some of which are comparable to Ceylon teas.

The best teas from Sri Lanka, still marketed under the islands former name of Ceylon are also high-grown and include those from the highest tea producing region on the island, Nuwara Eliya. Each of the six regions produces tea of a different character; due to their individual climates and growing conditions.

Source: “tea – discovering, exploring, enjoying”
by Hattie Ellis

Christmas Lavender Tea Event!

Come on by for our annual Lavender day at Sereni-tea: The lavender farms will once again have a table for your shopping convenience and we will be serving up our delicious Lavender teas, including the exclusive Sacred Mountain Spa blend as well as sweets and savories prepared with lavender.

**Sat. December 15
From 10am until 5pm!**

Our way of saying thank you for your continued patronage during our second business year in Mt. Shasta!

Holiday shop times:

We will be open:
Sunday, December 23rd
from 12noon to 5pm
for your last minute
shopping convenience!

We will be closed for
Christmas Eve Day (24.)
and Christmas Day (25.)!

We will also be closed for New
Year: Dec. 30th, 31st and Jan 1st.

Tea Recipes

Happy Holidays!

Heaven & Earth Cocktail - cold

4 oz. Heaven & Earth tea, cold
 2 oz. of vodka
 1 Tbsp sugar
 - pour into a highball glass over ice, mix well, garnish with a mango or lemon slice.

Sherpa Tea - warm

_ cup strong Indian tea, hot
 _ cup full bodied red wine
 1 slice of lemon
 Sugar to taste
 - warm up red wine, pour into a cup, mix in the hot tea and sweeten to taste.

Royal Bengal Tiger - cold

1 tsp. lemon juice
 2 dashes aromatic bitters
 _ tsp. sugar
 - mix above ingredients in the bottom of a tall glass, until dissolved
 - fill with ice
 _ cup strong Indian tea, cold
 1 oz. brandy
 - pour into glass and serve with a mint sprig and a lemon slice.

Our teas at local establishments:

Here is a complete list where our teas are being served. Visit and refer these places to friends and family.

Restaurants:

Café Maddalena – Dunsmuir, call 530-235-2725 for reservations

Trinity Café – Mt. Shasta, call 530-926-6200 for reservations

The Wayside – Mt. Shasta, call 530-918-9234 for reservations

Billy Goat's Tavern – Mt. Shasta

The Rustic Sprout – Weed, at Stuart Mineral Springs (530-938-2222)

Bed & Breakfast places:

Dream Inn, Mt. Shasta (926-1536)

Shastao Philosophical Hermitage, Mt Shasta (530-926-4154)

Shasta MountInn, Mt. Shasta (530-926-1810)

Day Spas:

Evergreen Spa, Mt. Shasta Resort, (530-925-2311)

Sacred Mountain Spa, Mt. Shasta, (530-918-9229)

Uptown Salon, Shastina, (530-925-4211)



E V E N T S	<p><u>Tea & Tarot Afternoons</u> Media celebrity and renowned Tarot teacher Judith Conrad will hold 15 minute recorded Tarot readings on Saturdays (from 1 to 4pm) December 8th & 22nd January 5th & 19th</p> <p>Cost: \$30 includes a fragrant cup of tea and a recording of the reading. First come, first serve.</p>	<p><u>Tea Leaf Readings</u> Come in with your friends, enjoy a cup of tea and have a fun, intuitive tea leaf reading with Linnea Gael.</p> <p>Cost: \$20 per person Max. 5 persons per group</p> <p>Please call Gael (926-0650) for an appointment time and date and meet her at Sereni-tea for the reading.</p>	<p><u>Tea & Animal Talk</u> Come with a picture of your animal companion, have a cup of tea with Victoria Song and hear what your animal companion has to tell you.</p> <p>Wednesday (from 2 to 5pm) December – no appts! January 9th & 23rd</p> <p>For 1 animal: 15 min. /\$30 For 2 or more: 30 min. /\$50 Please call Sereni-tea to reserve your desired time.</p>
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