

Tea Leaf by Sereni-tea

News, Events, Recipes and Information

Compiled and produced by Daniela Bose, Owner of Sereni-tea

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

[A Toast to Tea - healthy reasons to drink tea in the new Year!](#)

Here are a few reasons to drink tea as outlined in the article in the "Better Nutrition" magazine last October by Vera Tweed:

Several studies mentioned in the article have shown the benefits of tea, yes, even black tea, to have wonderful benefits for your overall health.

For a healthy heart – drinking a couple of cups of tea has been shown in studies to reduce the risk for atherosclerosis as well as regular tea drinkers were more likely to survive a heart attack.

Cancer risk – black and green teas have both beneficial effects on cancer prevention, lowering oxidative DNA damage and prevent tumor growth.

Immune system - certain substances found in tea help boost the bodies immune system and help ward off virus, bacteria and fungi.

Healthy teeth – Flavonoids in tea may help strengthen tooth enamel and prevent oral plaque. Tea also contains natural fluoride.

Slim down – green tea has several substances, including ECGC, that help increase the metabolic rate and thus burn more calories, as well as help breakdown triglycerides, the storage form of fat, to make energy

Healthy bones – coffee has been linked to bone loss, tea on the other hand has now been found helps strengthening your bones.

Enough reasons to pick up the cup and drink to your health!

[Yixing tea pots – art pieces to serve your tea in](#)

Even seasoned tea-lovers may not have heard of the wonderful ceramic teapots made in the town of Yixing. The town is located about 120 miles northwest of Shanghai, and is considered to be the Pottery Capital of China. Yixing is pronounced "ee-shing", by the way. What makes the Yixing pots special is the unglazed clay that they are made of. "Zisha" clay is found in the hilly areas around Yixing and no where else. Zisha is often referred to as purple clay, though it actually comes in other colors too (light brown to red). The clay is not chemically remarkable, consisting of quartz, kaolin, mica and iron oxide. It's the iron oxide that gives the reddish color to the clay. This clay is very porous when fired and is absolutely ideal for the making of teapots.

(continued on back page)

[Shop opening times update](#)

Our Store hours return to their summer schedule on March 9. at the day light savings time change:

**Tue to Fri: 10am to 6pm and
Sat. 10am to 5pm**



Tea Recipes



Green tea with Pomegranate juice

Serves 6

This keep-you-healthy beverage is packed with anti-oxidants from both green tea and pomegranate juice. Boost your immune system with this healthy drink this winter season.

6 cups water

- bring to boil in pan

3 Tbs. plain or flavored green tea

- remove pan from heat pour in cup cold water, add green tea, cover and steep for 3 minutes

3 cups pomegranate juice

2 Tbs. honey

- pour above ingredients into a pre-warmed tea pot or pitcher, strain green tea into it and stir to dissolve honey.

orange, thin slices

- use to garnish individual servings.

Enjoy and stay healthy this winter!

Source: "better nutrition" magazine, October 2007 issue.

Over time, the clay absorbs the flavors and oils from the tea. You should never scrub out your Yixing teapot, but only rinse it with cold water. They say that a well-used Yixing teapot can brew tea with hot water alone. Yixing pots can be simple and elegant, or exotic and elaborate. Each pot is shaped by hand on a potter's wheel and marked by the craftsman (on the bottom and/or under the lid, and occasionally on the handle). Teapots from Yixing have been popular in China since the Song dynasty (960-1279). It wasn't until the 1600's that tradesmen began spreading them throughout Europe and Asia. They were sought-after treasures, and often found in the homes of the social elite and even royalty. The collecting of teapots is a popular hobby these days, and many collectors focus solely on Yixing teapots. The highest price ever paid for one was \$70,000US at a sale in Macau. That pot wasn't even an antique. It was made in 1995 by the artist Gu Jingzhou.

Every true tea connoisseur should have at least one Yixing pot in his or her tea ware collection.

Source: www.about.com

E V E N T S	<p><u>Tea & Tarot Afternoons</u></p> <p>Media celebrity and renowned Tarot teacher Judith Conrad will hold 15 minute recorded Tarot readings on</p> <p>Saturdays (from 1 to 4pm) February 2nd & 16th March 1st & 15th</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></p> <p>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></p> <p>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) February 6th & 20th March 5th & 19th</p> <p>For 1 animal: 15 min. /\$30 For 2 or more: 30 min. /\$50</p> <p>Please call Sereni-tea to reserve your time & space.</p>
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