

# Tea Leaf by Sereni-tea

## News, Events, Recipes and Information

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### Tea in the Orient

In a recent book on Tea, Han Suyin described the difference between tea in the East and West. In the eyes of this writer, the English tea party, or tea time – with milk, sugar, pastries and sandwiches – is a poor adaptation of Chinese tea drinking. In China, offering tea is considered a truly hospitable gesture, and excellent for health. Tea keeps the Chinese people constantly hydrated, lowers consumption of strong alcohol and overeating, and, according to the author regulates all vital forces. In contrast with the West, where tea is marked by its aristocratic associations, in the East tea is a daily dietary staple for one and all, and a sign of hospitality even in the humblest surroundings. Chinese tea houses, India's roadside tea stalls, Afghan chaikanas, and the little cafes of Turkey and Egypt are democratic and lively – the opposite of tea rooms in Europe.

Tea is served in half of the world's households, in the workplace, in trains, in nomad camps and the most remote corners of the globe. Whether the simple green or semi-fermented tea of China, the powerful Assam of northern India, the sweetened Ceylon dust drunk in Egypt, teas of the East are a source of a thousand and one customs forged by tradition. From the Mediterranean to the Pacific, teas are as varied as the people they unite. Only the Japanese, who raise tea preparation to a ceremony with the rigorous rules of an art form, break with the everyday simplicity of a tea in the East.

Source: "The Little Book of Tea"

### Water

For a good cup of tea, water quality is as important as the leaves. In *Cha-Ching*, the celebrated *Tea Classic* Written by Lu Yu in the eight-century China, the sage sets up a hierarchy of types of water, with mountain water at the top, followed by river and regular spring water. The Chinese masters were able to detect the different types of water in their tea. Certain tea lovers today prefer particular mineral water for their tea. The queen of England does not go anywhere without a supply of her favorite water for this purpose. The basic requirements are that the water be pure, fresh, tasteless, odorless and free of calcium and sediments. Some tap water meets those specifications. If not, filtered or bottled water can be used also.

Source: "The Little Book of Tea"



Last summer Mt. Shasta received first prize for "Best Tasting Water" in California and came in 3<sup>rd</sup> at the National rating.

Let us raise our cups for this prestigious award and enjoy a great tasting cup of tea here in our mountain town!





## Beau - Tea Recipes

Tea can be used for beauty aids as well. We all know that a chamomile tea rinse brings out the natural highlights in your hair. Below find some more uses for plain black or green tea. Maybe you can use the forgotten tea bags for these remedies...

**Use this brew to soothe minor cuts and scrapes, treat sunburns, refresh puffy and fatigued eyes, and soak tired feet:**

Brew 1/2 cup of unscented black or green tea leaves in 1 quart of boiling bottled water for at least 10 minutes.

Strain the leaves and set aside. Cool the liquid and refrigerate. This solution will keep in the refrigerator for approximately 10 days.

Apply as needed or desired.

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

## What tea to drink when..?

For some connoisseurs, breakfast, afternoon, and evening require different teas. For others, choice varies according to mood. Certain principles and false beliefs are worth mentioning. In his *Nouveau Londres*, published in 1962, the French novelist Paul Morand noted the British habit of taking fermented tea before breakfast, and drinking progressively greener, less fermented varieties as the day wears on. While certain black teas, including Ceylon, Assam, Yunnan and late Darjeeling, are perfect to awaken the taste buds in the morning, vitamin C-rich green may cause trouble sleeping, while their digestive properties make them excellent after lunch. Most teas are suited to different meals, according the food is more or less spicy, salty or seasoned. Afternoon is the ideal time to savor the subtler teas such as spring Darjeeling, Keemun, and fine green teas. Stronger scented teas, for example Earl Grey and Imperial Russian, are suited to snack time. Jasmine tea goes very well with delicately flavored cooking, and smoked black tea is great for Brunch. After five o'clock in the afternoon, a semi-fermented tea provides aromatic richness with low caffeine content. Expert tea blenders have developed special blends for various times of the day: Breakfast Tea, Afternoon Tea and so forth.

Source: "The little book of tea" by Flammarion

<b>E V E N T S</b>	<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>April 5<sup>th</sup> &amp; 19<sup>th</sup></b> <b>May 10<sup>th</sup> &amp; 24<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: \$20 per person Max. 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>April 2<sup>nd</sup> &amp; 16<sup>th</sup></b> <b>May 7<sup>th</sup> &amp; 21<sup>st</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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