

# Tea Leaf by Sereni-tea

## News, Events, Recipes and Information

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### Teas of Japan

Excerpt from James Norwood Pratt's book "The Tea Lovers Treasury" available for purchase at Sereni-tea. Japan tea is not only a pleasure but an example of how tea enlarges one's culture and imagination. Tea entered Japan in the summer of 805 CE in the baggage of the priest Saicho returning from a study at T'ien-t'ai Monastery in Tang, China. Japan would take to Tendai Buddhism, but not to tea until it was introduced a second time in 1200 by Eisai, another Buddhist priest returning from China, this time to propagate a Buddhist sect called Zen. Tea has been inseparable from Zen in Japan ever since. Even today's green tea ice cream – if properly made from tea ceremony *matcha* – is an outgrowth from this meeting of tea, Buddhism and Zen. The Japanese pretty well kept their tea – and everything else – to themselves until a woman of Nagasaki became the first to ship some abroad in 1862. At the height of its popularity before World War II, Japan tea commanded fully one-fifth of the U.S. market. Today Japan exports less than 1% of its total production and travelers are right to gloat that the only sure way to know Japan tea is to live there. All the same, I am bold to say: of the world's most northerly grown, Japan tea is all green and all of it comes from south of Tokyo, mainly from Honshu's Shizuoka prefecture with some from the legendary Uji district near Kyoto.

Almost one hundred thousand acres are under cultivation and yield almost fifteen hundred pounds per annum – surely the world record. This is not just thanks to the warm climate with dense fogs and heavy dews, but also to plucking by Japanese-invented automatic scissors like electric hair clippers. It is accommodate these mechanical pluckers that Japan's tea bushes are now cultivated side by side in long rounded rows, giving the impression of curved waves of green undulating over the landscape.

#### Sereni-tea stocks 7 Japanese teas:

**Bancha:** the last plucking of the year and therefore older leaves that contain less caffeine than Sencha.

**Organic Kukicha:** the twigs that get pruned off before dormancy, then roasted. They contain practically no caffeine.

**Genmaicha:** Bancha tea with added hulled, boiled and roasted rice kernels which give it an unusually mellow flavor.

**Sencha Superior:** an early spring harvest, steamed and hand selected, offering a fresh, delicious flavor.

**Organic Houjicha:** a roasted green tea with a wonderfully nutty flavor.

**Sencha Ice Tea Powder:** use in cold water as a refreshing & energizing drink.

**Matcha:** A powdered green tea of exceptional quality and smooth flavor to be used in the Japanese tea ceremony as well as a great Green tea Latte at home.





Tea Recipe

**“SUMMER FRUIT SALAD”**

Recipe was created by Jane Pettigrew of the “Tea Time” tea shop in south London and was printed in “Tea Cuisine” by Joanna Preuss and John Harney.

**1/3 cup water** – bring to boil

**2 tsp. Earl Grey tea** – add, steep for 5 minutes; strain into clean pan, pressing the leaves to extract all liquid.

Grated zest of **1 lemon** and **1/3 cup sugar** – add to tea and bring to boil; reduce heat and simmer for 2 minutes; remove pan from heat and stir in **juice of 1 lemon** - cool down.

**4 apricots, 4 nectarines, 1 mango, 1 papaya, 1 small pineapple** - cut into cubes and placed in a serving bowl

Pour syrup onto the fruit and mix well. Refrigerate for 4 to 6 hours. Remove the salad about ½ hour before serving, and stir once again.

*“A woman is like a tea bag: you never know how strong she is until she gets in hot water”*

*Nancy Reagan*

New Tea additions:

We have added a new “**Organic, Ancient, Fair Trade Black Mao Feng**” to our China tea selection. It has a long wire leaf with a mild, malt fragrance and a subtle nutty taste. We have extended our white tea selection with two flavored types: a **Pomegranate White tea** as well as a **Ginger – Peach White tea**. Something deliciously light and refreshing for the summer days!

Signature Sereni-Tea items: We have found a very practical, **16oz. “T2GO” cup**, have adorned it with our logo and a new catch phrase. This is a great travel accessory to show our Mt. Shasta tea culture to the world. Come on in and see for yourself! We are also in the process of printing up “**re-usable tea bags**” – **cotton sheeting shopping bags** - for all your shopping needs. The need to eliminate trash and start utilizing re-usable gear is strong and we want to add to the solution. Buy one for \$6 or shop for \$40+ and get one free!

E V E N T S	<u>Tea &amp; Tarot</u>	<u>Tea Leaf Readings</u>	<u>Tea &amp; Animal Talk</u>
	Media celebrity and renowned Tarot teacher <b>Judith Conrad</b> will hold 15 minute recorded Tarot readings on	Come in with your friends, enjoy a cup of tea and have a fun, intuitive tea leaf reading with <b>Linnea Gael</b> .	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.
	<b>Saturdays:</b> (from 1 to 4pm) <b>August 2<sup>nd</sup> &amp; 16<sup>th</sup></b> <b>September 6<sup>th</sup> &amp; 20<sup>th</sup></b>	Cost: \$20 per person Max. 5 persons per group	For 1 animal: 15 min. /\$30 For 2 or more: 30 min. /\$50
	Cost: \$30 includes a fragrant cup of tea and a recording of the reading. <b>First come, first serve.</b>	<b>Please call Gael</b> (926-0650) for an appointment time and date and meet her at Sereni-tea for the reading.	<b>Please call Victoria</b> (926-1327) directly for an appointment and meet her here.