



## TEA TALK

### What is tea?

The only beverage that can be properly referred to as tea is the beverage resulting from pouring water over the leaf of the *Camellia Sinensis* plant.

### What is an Herbal Tea?


Herbal “tea” is an incorrect term. Herbal beverages generally do not contain the leaf of the *Camellia Sinensis* plant and are therefore not tea at all. The proper terminology for an herbal beverage is “Tisane”.

### What is the difference between black, green, white, & oolong tea?

All teas come from a tea leaf. The resulting type of tea is dependent on how the leaf is processed. The one stage of processing that most determines the type of tea produced is oxidation. The more the tea leaf is rolled and crushed during processing, the more the leaf will oxidize. Oxidation is halted by heating or firing the leaves. To produce a white tea, the leaves are plucked and allowed to dry. To produce a green tea, the leaves are plucked, dried then fired. Therefore, the leaf remains green. Oolongs are allowed to partially oxidize, while blacks fully oxidize; thus the resulting black color of the once green tea leaf.

**Does all tea have caffeine?** All tea has caffeine unless it has been chemically or naturally Co2 decaffeinated. The amount of caffeine that is extracted from the tea leaf is dependent on how long the tea is infused and how high the water temperature is.

**How can I purchase Palmer Place Tea?** While enjoying your meal, tea can be purchased in a small pot (2 cups) for \$2.20, or a large pot (4 cups) for \$4.35. All of our teas can be enjoyed at home. Our 3 oz. bags of tea are \$6.00. A 3 oz. bag will yield about 30 cups of tea, or about 20 cents per cup! Can't decide on a tea? We'll prepare sample packets of 1 oz. of tea for \$2.00 a sample, or a “pot's worth” for \$1.00.



## BLACK TEA BLACK TEA CHARACTERISTICS

Black tea is a powerful source of anti-oxidants that can slow down the aging process and help prevent a wide variety of diseases. Medical research suggests that black tea can assist in lowering cholesterol and regulating blood sugar. Much lower in caffeine than coffee, black tea gently stimulates the heart and circulatory system. A cup of black tea steeped in boiled water for 5 minutes will contain between 27-35 mg. of caffeine—about the same amount as an equal serving of Coca-Cola. An equal size cup of coffee will contain about 80-100 mg. of caffeine. Recommended brewing instructions: Use one level tsp. per 6 Oz. Cup. Heat fresh water to a roaring boil, let steep for 3 min.

## BLACK UNFLAVORED

### Darjeeling:

Characteristics: A flavorful blend of Darjeeling leaves creating a flavor reminiscent of fruit and muscatel.

### English Breakfast Blend:

Characteristics: A blend of Ceylon & Assam teas. An everyday classic that should be tried with milk or cream & sugar.

### Irish Breakfast Blend:

Characteristics: A blend of Sri Lankan, African, & Chinese black tea blended with bergamot for a hearty flavor with a slightly lemony taste.

### Lapsang Souchong

Characteristics: Chinese black tea fired over pine & oak bark producing a crisp flavor smoky undertones.

### Lover's Leap

Characteristics: Named for the Lover's Leap Tea Estate known as one of the best tea gardens in Sri Lanka. A flavoury tea with pleasant pungency characteristic of Ceylon.

### Organic Assam

Characteristics: Assam black tea with a full body and hints of malt & toast.

### Queen Mary

Characteristics: A well rounded blend of Indian, Sri Lankan, & African black teas producing a flavor tempered with malty and floral notes.

## DECAFFEINATED

### Decaf English Breakfast:

A rich and flavorful blend of whole-leaf, naturally decaffeinated (CO<sub>2</sub> process) Ceylon teas. A great every-day classic that should be tried with milk or cream and sugar.

### Decaf Monk's Blend:

Naturally decaffeinated Sri Lankan black tea naturally decaffeinated using the CO<sub>2</sub> process (no chemicals). Enjoy this blend of vanilla, grenadine, calendula & sunflower petals.

### Decaf Mango:

A blend of naturally decaffeinated (CO<sub>2</sub> process) blend of Ceylon and China black tea, naturally flavored with mango oil and flowers.

## BLACK FLAVORED Fruit Blended

### Angel's Dream:

A blend of black tea from Sri Lanka, China & India with maple sweetness & blackberry pungency.

### Blueberry:

Black Sri Lankan tea, cornflower petals, blackberry leaves, natural flavors.

### Cherry:

Luxury Sri Lankan black tea, sweetened cranberries, red rose petals, blackberry leaves, safflower petals, & natural cherry flavoring.

### Cinnamon Orange:

Full leaf black tea with cinnamon, orange peels, flavoring, cloves & vanilla bits.

### Coconut:

A black tea blended with big, bold coconut pieces for a smooth coconut taste.

### Earl Grey:

A black Sri Lankan tea blended with cornflower petals and natural flavoring of bergamot (Chinese citrus fruit) producing a distinctive flavor unique to Earl Grey.

### Peach Apricot:

Sri Lankan black tea, natural dried papaya, freeze dried peach & apricot, blackberry leaves, sunflower and calendula petals, & natural flavours.

### Plum Pear:

Black Sri Lankan tea, natural dried pineapple, freeze dried pear, blackberry & lime leaves, jasmine & safflower petals, mallow blossoms, natural flavors.

### Raspberry:

Luxury black tea from Sri Lanka blended with freeze dried raspberry, blackberry leaves, rose petals, natural flavours.

### Strawberry Cream:

Full leaf black tea, flavoring, strawberry pieces & blackberry leaves.

## BLACK FLAVORED Dessert Blends

### Almond Cookie:

A blend of black tea, almonds, cinnamon, flavoring & safflower blossoms producing a warm, toasty, cinnamon-almond flavor.

### Chocolate Cream:

A guilt-free way to satisfy that chocolate craving. Black tea is blended with chocolate chips (lactose free), cocoa kernels & flavorings.

### Holiday Dream:

A heavenly blend of China & Ceylon black teas with citrus peels, cloves, rose petals, almond bits, cloves, cardamom & vanilla bits.

### Masala Chai:

Black tea, cinnamon, ginger, cardamom peels, cardamom seeds. Delicious when poured over warm milk.

### Monk's Blend:

A Sri Lankan black tea blended with natural flavor oils of vanilla, grenadine, calendula & sunflower petals.

### Vanilla:

Full-leaf black tea with the finest grade of Madagascar Bourbon Vanilla and vanilla pieces.

## BLACK SEASONAL

### Pumpkin Spice (Seasonal):

Luxury black tea from India, Sri Lanka, Kenya & Turkey blended with hibiscus, rosehip, almond pieces, rooibos, cinnamon pieces, apple pieces, natural dried orange, sunflower & calendula petals, triacetin oil, natural flavors.

### Pecan Tart (Seasonal):

Luxury black Sri Lankan tea blended with walnut & pecan pieces, white chocolate, calendula and sunflower petals. Pecan Pie without the calories

## WHITE

### WHITE TEA CHARACTERISTICS

White tea is especially potent in that it has three times as many antioxidant polyphenols as green or black, and has been shown to be 100% more effective in mopping up free radicals that cause skin to sag. Some of the world's top cosmetic companies are becoming very interested in white tea for skin creams and the result is that high grade white tea is becoming even more rare than before. White tea has been found to be more effective than green in inhibiting the early stages of cancer. When preparing by the cup, this tea can be used repeatedly—about 3 times. The secret is to use water that is about 180 degrees F. Place 1-2 tsp. of leaves in your cup and let the tea steep for 3 minutes. Do not remove the leaves from the cup. Once the water level is low, add more water, and so on until the tea flavor is exhausted. For one time use, add boiling water and steep for 3-5 minutes according to taste. Milk and sugar will mask the delicate characters of this tea and are not recommended.

### WHITE UNFLAVORED

#### Pai Mu Tan:

Luxury white Chinese tea. One of the highest grades of white tea available. The cup is slightly pale with a fresh aroma and smooth velvety flavor.

### WHITE FLAVORED

#### Pomegranate Madagascar:

Luxury white China tea blended with natural vanilla & pomegranate flavoring. Velvety smooth vanilla livened by exotic sweetness of pomegranate.

## OOLONG

### OOLONG CHARACTERISTICS

Oolong tea is the "champagne" of the tea family. Crafting quality oolong tea is an art form. Like the regional variance in fine wines, soil integrity, humidity levels, genus and artisanal skill all leave their imprint on the delicate leaf. Oolongs are grown in limited areas where the conditions are perfect, and great care is taken to ensure the health of the surrounding environment. The tea leaf is semi fermented which gives the tea a little bit more body than a green tea, but less body than a black tea. The leaves are plucked, wilted in the direct sun, then shaken in bamboo baskets to bruise the leaf edges. The bruising is what makes the edges oxidize faster than the center. After about 15-25 minutes, the tea is fired, locking in the special flavor.

### UNFLAVORED OOLONG

#### Ti Kuan Yin (Iron Goddess of Mercy):

A premium grade of Ti Kuan Yin Oolong from China. It is reported that a farmer of this oolong was asked to name his tea while at the temple Kuan Yin. He proclaimed the name Ti Kuan Yin in honor of the iron statue at the temple. The flavor begins sweet and finishes with a fragrance which lingers on your palate.

## GREEN TEA

### GREEN TEA CHARACTERISTICS

Green teas are primarily produced in China, Japan & Taiwan. To stop the oxidation process Chinese teas are pan fired, while Japanese are steamed. After the firing stage, the leaves are shaped. Depending on the region, the leaves can be twisted, flattened or balled. Research has indicated that green tea is high in polyphenols and antioxidants which are believed to improve cardiovascular health, lower cholesterol and reduce the risk of cancer. The recommended brewing time for green tea is 2-3 minutes at 170-190°.

### GREEN UNFLAVORED

#### Formosa Gunpowder:

A Taiwanese green tea given the name due to the process of rolling the tea leaves in tiny balls resembling gun powder. The pellets unfurl as the tea is infused producing a dark green liquor with a slightly bitter but not unpleasant full bodied flavor.

#### Sencha:

Japanese green tea. Japan produces some of the best green teas in the world. Sencha is commonly used in Japanese tea ceremonies marking events of personal importance. Green tea production includes steaming the green leaf and hand or machine rubbing the leaf. The teas are then pan-fired or basket fired. The liquor is pale yellow in color, but rich in flavor.

### GREEN FLAVORED

#### Cherry Rose Sencha:

A Chinese green tea processed Japanese Sencha style where tea leaves are pan fired. The rose petals blended with the sencha are used to represent the cherry blossoms that are ablaze in springtime in Japan. The natural cherry flavoring produces a liquor that is smooth & fresh with reasonable depth and body.

#### Genmaicha:

Also known as Popcorn Tea. A Japanese sencha green tea blended with fire toasted rice. During the firing of the rice, it is not uncommon for the rice to pop like popcorn. The liquor is a light brownish yellow and produces a toasty flavor, tending sweet. Legend has it that a Japanese samurai's servant "Genamai" accidentally spilled rice into his master's tea. The samurai was so incensed he cut Genamai's head off. Despite the fact that the tea had been tarnished, he drank it anyway. He found he enjoyed it tremendously and pronounced that this rice and tea be served every morning. He named the tea Genamai in honor of the servant adding the "cha" suffix which means tea in Japanese.

#### Jasmine with Flowers:

A Chinese green tea blended with jasmine petals. Jasmine tea is produced by layering jasmine blossoms between green tea. The resulting liquor is pale green with surprising body and a captivating floral taste.

#### Vanilla Green Tea:

Sri Lankan gunpowder green tea blended with calendula, sunflower petals, and pure vanilla extract. Sweet vanilla flavor gives this green tea depth and an intensely refreshing cup.

## ROOIBOS & HONEYBUSH

### ROOIBOS & HONEYBUSH CHARACTERISTICS

Rooibos tea is derived from a pine tree like bush found in the Cederberg district of South Africa. The word in Afrikaans means "red bush" and is grown commercially nowhere else on earth. Rooibos is packed full of nutrients, including iron, potassium, calcium, copper, zinc, magnesium, manganese and sodium. To brew rooibos, bring freshly drawn cold water to a rolling boil. Place 1 tsp. for each cup into the teapot. Pour the boiling water into the teapot. Cover and let steep for 3-7 minutes according to taste. Rooibos is generally consumed on its own, but milk and a dash of sugar may be added to taste.

## ROOIBOS & HONEYBUSH

### Blueberry Bang:

Luxury South African Rooibos, elderberries, hibiscus, apple pieces, dried currants, cranberries, cornflower petals & natural blueberry flavoring. The mellow qualities of rooibos with the character of a cupful of fresh wild blueberries.

### Lemon Chiffon:

South African rooibos, creamy lemon flavoring, lemon grass, marigold flowers. This prize winning rooibos has just the right touch of lemon-grass and creamy lemon flavor. Delicious hot or iced.

### Thai Lemon Ginger:

South African Rooibos blended with tart lemon and Thai ginger mellowed by the smooth flavor of rooibos.

### Mocha Rocha:

Luxury South African Rooibos, Ethiopian coffee, caramel and butter-scotch pieces, calendula petals, natural flavors. A smooth mocha flavor with sweet notes of chocolate and caramel.

### Provence:

Luxury South African Rooibos, rosehip shells, dried black currants, rose leaves, lavender, raisins, dried red currants, rose petals, dried blueberries, natural flavors. The blend is inspired by the gardens, pastures and woodlands of Provence France. The infusion has a floral and fruity bouquet with perfumy lavender notes.

### Sweetheart:

Luxury South African Rooibos, naturally colored sugar hearts, almonds and flavoring. This tea satisfies like a fresh baked cupcake without the guilt!

### Vanilla Honeybush:

Honeybush comes from the South African Cape area. It is mild and sweet with a light, fruity, honey like touch. It contains no caffeine and can be enjoyed hot or iced.

## BLOOMING TEAS

True works of art. Long tea leaves are tied together and a flower is sewn into the center. Presented in a glass tea pot, watch the leaves unfurl, and the bright colors of the flower emerge. Choose from 3 Flower Burst (Green tea tied with Jasmine, Lily & Osmanthus Blossom, or Oolong Mystere (Oolong tied with Amaranth and Nasturtium Blossoms) \$4.95

## TISANES (HERBAL "TEAS")

### Bella Coola:

A blend of dried apple pieces, orange, hibiscus, & rosehip. A predominant orange character with the lovely sweetness of pineapple.

### Berry Berry:

Hibiscus, elderberries, dried black currants, rosehip, & raisins blended to produce a full flavored beverage with deep berry notes. The rosehip adds mellow smoothness and Vitamin C, while the currants give the tea a tangy fruitiness sweetened by raisins.

### Blue Eyes:

Luxury dried apple pieces, rosehip, hibiscus, cornflower, & caramel flavoring. The hint of caramel gives this herbal fruit tisane a sweet, almost candy-like flavor.

### Cranberry Apple:

Luxury dried apple pieces, hibiscus, rosehip, & cranberry. A full flavored tisane with rich fruity character. Naturally caffeine free and loaded with Vitamin C.

### Egyptian Chamomile:

The best quality chamomile comes from Egypt. Essential oils in the chamomile flower produce a soothing pleasant aroma and a fruity character. Chamomile has often been noted as beneficial for soothing headaches and digestive disorders and is a natural relaxing herb known to assist those suffering from insomnia.

### Peppermint:

Certified organic top quality cut-leaf peppermint. A refreshing tisane hot or cold. Try with rock sugar and lemon.

### Spiced Apple:

Luxury dried apple, hibiscus, dried ginger, cardamom, cinnamon, cloves, pepper, stevia & cornflower petals blended to create the crisp character of autumn in a cup!

## WELLNESS BLENDS

### Brain Power:

Apple bits, balm, lemon grass, pear bits, rosehip peels, peppermint, ginkgo leaves, & Echinacea root blended to create a great tasting fruity and energizing tisane to enhance your memory and mental acuity. Not recommended for infants or toddlers. If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use.

### Detox Blend:

Whether your indulgence is too many spirits, or too many trips to the buffet table, our Detox Blend is just the thing to help you get back in the race. A sweet, zesty taste of licorice root, hawthorne berries, cinnamon bark, lapcho and mate leaves.

### Feel Better Blend:

A blend of elder flowers, licorice root, fennel and cinnamon combined to battle congestion while calendula eases fever, Echinacea to boost your immune system and lime blossoms to calm your stomach.

### Immunity Booster:

Green rooibos, balm, apple bits, pineapple bits, rosehip peels, flavoring, licorice root, apple mint, Echinacea root, aloe vera bits.