

What types of teas do we carry? This just a small sample of some of the teas we carry. Find that special tea that will bring a smile to your face and warmth to your heart.

Some teas we carry	Me	Friend
Ambrosia Tea		
Apricot Tea		
Assam Bop Tea		
Black Currant Tea		
Chai Tea		
Chamomile Tea		
Darjeeling Tea		
Dragon Well Tea		
English Breakfast Tea		
Earl Gray / Lady Grey		
Fruit Blend Tea		
Gunpowder Green Tea		
Hibiscus Tea		
Honey Bush Tea		
Jasmine Flower Tea		
Lapsang Suchon Tea		
Licorice Mint Tea		
Oolong Tea		
Mango Tea		
Pan fired Green Tea		
Peppermint		
Peach Tea		
Pomegranate Green Tea		
Raspberry Tea		
Rooibos Tea		
Spearmint		
Stevia		
Tropicana Tea		
White Peony		
Yerbe Mate		

Don't see what you want? We are always adding new tea and blends to our inventory. So just ask we may have already added that special tea that you are looking for.

Are you looking for something really special? Come on in and try one of Kay's Specialty Teas. Kay blends her own teas for almost any situation. She is a third generation herbalist that understand the power of a good cup of tea.

The tea list below are specially blended by Kay for those special need days. So come out and try one of her blends.

Every month she blends a new tea that will surely hit the spot. The individual blends utilize many recognizable herbs that have been used traditionally to support healthy organ system function, and promote the bodies own natural strength.

2 ounce packages	Me	Friend
Aches & Pains Tea		
Blues Tea		
Calming Tea		
Chakra Tea		
Clarity & Memory Tea		
Cold Weather / Warming Tea		
Detox Tea		
Divination / Vision Tea		
Energy / Pick Me Up Tea		
Fairy Delight Tea		
High Blood Pressure		
Hot Flash Tea		
Inflame Tea		
Love Potion #9 Tea		
Manly Man's Tea		
Moon (PMS) Tea		
Mothers Healthy Tea		
Old Crones Tea		
Psychic Powers & Meditation		
Purification & Protection Tea		
Stomach Soother Tea		
Stress / Tension Tea		
Sweet Dreams Tea		
Tea Sampler Kit		

We can mail these teas to you , or even better yet come in and sample some of our teas for yourself.



What is Tea?

All tea comes from one plant: genus *Camellia*, species *Sinensis*. Its use can be traced back almost 5,000 years to China, where it is indigenous and has a long history of cultivation. Today, tea grows in India, Sri Lanka, and other parts of Asia, Africa, and South America, even in the United States. Factors such as elevation, climate, and soil content affect the growth and flavor of individual teas. Experts estimate that there are more than 3,500 varieties of tea. Tea is an evergreen plant. The harvest consists of the new leaves and buds that appear in the spring (first flush); most teas have two or three harvest

Once the leaves are plucked, they are withered; that is they are left to dry for a few hours until they are limp. Some teas are then oxidized, (crushed slightly so that they are exposed to air for a few hours). Finally, most teas are roasted, which further dries out the leaf and halts oxidation.

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General categories of Tea:

White: Tea buds only. Not oxidized. Fired or steamed directly after withering or sometimes directly after picking. Examples: silver needle, white peony.

Green: Leaves and buds. Not oxidized. Fired or steamed directly after withering or sometimes directly after picking. Examples: Dragon Well, Sencha, and Gunpowder.

Oolong: Partially oxidized. The length of oxidation can produce very different flavor profiles, ranging from almost green to almost black. Also called Formosa.

Black: Fully oxidized before roasting. Examples: Darjeeling, Ceylon, and Keemun.

Pu-erh: Fermented, aged black tea. Has a distinctive, earthy flavor that is an acquired taste for many but is extremely popular in China and considered to have many health benefits.

Blends: A few different teas combined to achieve a balance of flavors. Examples: English Breakfast, Russian Caravan.

Scented: Teas that have been infused with flowers. Examples: jasmine, rose congou.

Flavored: Teas flavored with oils, extracts, dried fruit, and nuts. Earl Grey uses oil of bergamot, a small citrus fruit.

Want to learn how to make a proper cup of tea? How about, how to create your very own truly unique blend of tea?

Do you know the many health benefits of tea? Come on in and take one of our very inexpensive tea classes, and you will.



Infusions, Tinctures: Any herbal "teas," which do not generally contain any actual tea or caffeine. Infusions include Mint, Chamomile, Lemon Verbena, and Hibiscus. The African tea Rooibos, sometimes called red tea, blends well with other flavors and has a woody flavor.

Decaffeinated: Tea that has had most of the caffeine removed. You can remove some caffeine yourself, as most of it comes out of the leaves during the first 30 seconds of brewing. Cover the leaves with a small amount of water for 30 seconds, discard, and then brew. (This will also remove some of the subtleties of the flavor, however, as well as the beneficial antioxidants.)

BREWING TEA Simply; one cup Boiling water poured over 1 teaspoon of tea. There are a few key components to brewing tea: the temperature of the water, the duration of steeping, and the tea-to-water ratio.

The basics: Heat the water; steep the tea, strain, and drink. Experts recommend specific brewing times, but experiment and see what suits your tastes. Using herbal teas the steeping should be at least 15 to 20 minutes to extract the properties of the herbs into the tea. Use cooler, barely steaming water (160°F - 180°F) for **White, Green, and Oolong** teas (boiling water makes these teas bitter). The steeping time can range from 30 seconds to 5 minutes; some recommend more time for oolong. Do this also for **Mints**. (Oils may be toxic if boiled.) * Prices and product subject to change without notice.



For Black Tea, the water should come just to a boil. Steep the tea for 5 to 8 minutes, choosing a longer time if you're going to add milk.

For Herbal Roots, infuse them by boiling the water and letting them simmer 5 minutes, then add other herbs or teas. Steep 15 to 20 minutes.

Most experts recommend 1 teaspoon of tea per 8-ounce cup of water; some teas may need more or less. Again, experiment — tea can taste weak when using too much water. In tea parlance, a cup is 8 ounces, or one standard measuring cup.

The easiest way to heat water for tea is with an electric kettle, which offers the advantage of speedy heating and automatic shut-off when the water boils. However, if you're heating water for green tea, you'll want to remain nearby to turn off the kettle just as it begins to steam. You can also use an instant-read thermometer to check the temperature. I prefer to boil the water on the stove the old fashioned way. Do not use the microwave to heat your water.

There are a variety of ways to steep tea. Tea balls and disposable tea bags or tea socks can constrict the leaves. A good-size infuser basket allows a greater surface area of the leaves to be exposed, as does steeping the leaves directly in a pot, then straining them into another pot or cups.

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