

## **The Book Of Tea: Growing It, Making It, Drinking It, The History, Recipes And Lots More**

Written in English by a Japanese scholar in 1906, ""The Book of Tea"" is an elegant attempt to explain the philosophy of the Japanese Tea Ceremony, with its Taoist and Zen Buddhist roots, to a Western audience in clear and simple terms. One of the most widely-read English works about Japan, it had a profound influence on western understanding of East Asian tradition.

Winner of Fortnum & Mason Food and Drink Awards Drink Book Award 2019 Shortlisted for the André Simon Drinks Book of the Year Award 'Masterfully written, beautifully photographed' Nigel Slater This journey to the world's finest teas, captured in extraordinary photography, brings alive the aroma, taste and texture of this drink in all its many nuances, and will give connoisseurs and casual readers alike a much deeper understanding of how great tea is created. Includes sections on botany, cultivation, processing methods and the impact tea has had, and continues to have, on culture. The Life of Tea also follows Michael and Timothy's travels in China, Japan, India and Sri Lanka, featuring the producers of some of the world's finest teas and the characteristics that make these teas so sought after. This book is the ultimate guide for tea enthusiasts, following the journey from plantation to pot.

Matcha is a Japanese green tea powder that is fondly known by teapigs as 'a superhero among teas', thanks to its natural antioxidant qualities. It is widely consumed in drinks and food in Japan, but is becoming increasingly popular around the world as its health benefits and unique taste are embraced globally. Louise Cheadle and Nick Kilby uncover the history behind this phenomenal green powder, looking at how matcha is specially grown, graded and ground. They also examine the health benefits of this super tea, which has been used for centuries by Buddhist monks to keep them focused during meditation and how it is used today to flavour everything from kit kats to oreos, bread to ice cream.

Matcha shots were served at New York Fashion Week in 2015 reflecting the growing popularity of this fascinating beverage, and many are predicting matcha will replace kale as the next big 'superfood'. Detailing the history of matcha, how it's produced, its immense health benefits and its varied culinary uses, The Book of Matcha also features more than 40 recipes that show you how to use this versatile and antioxidant ingredient at home.

Apart from water, tea is more widely consumed than any other food or drink. Tens of billions of cups are drunk every day. How and why has tea conquered the world? Tea was the first global product. It altered life-styles, religions, etiquette and aesthetics. It raised nations and shattered empires. Economies were changed out of all recognition. Diseases were thwarted by the magical drink and cities founded on it. The industrial revolution was fuelled by tea, sealing the fate of the modern world. Green Gold is a remarkable detective story of how an East Himalayan camellia bush became the world's favourite drink. Discover how the tea plant came to be transplanted onto every continent and relive the stories of the men and women whose lives were transformed out of all recognition through contact with the deceptively innocuous green leaf.

The Complete Guide to Cultivating, Harvesting, and Preparing

An Enthusiast's Guide to Selecting, Brewing, and Serving Exquisite Tea

An Oral History as Told by Jon Stewart, the Correspondents, Staff and Guests

A Text Book of Tea Planting and Manufacture

A Novel

A History of Tea

The Everything Healthy Tea Book

*This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work was reproduced from the original artifact, and remains as true to the original work as possible. Therefore, you will see the original copyright references, library stamps (as most of these works have been housed in our most important libraries around the world), and other notations in the work. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. As a reproduction of a historical artifact, this work may contain missing or blurred pages, poor pictures, errant marks, etc. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.*

*An introduction to the world's teas and their healing qualities! A relaxing cup of tea is a soothing way to improve your health, lighten your mood, increase your metabolism, or boost your energy. Tea has so many health benefits, from preventing cardiovascular disease to burning calories, it's no wonder so many people are choosing this classic beverage over coffee and carbonated soft drinks. If you'd like to experience the benefits and healing properties of drinking tea, here's all you need to know about: The many different types of tea, including green, black, white, oolong, and pu'erh teas. Herbal teas, kombucha, and other infusions. The use of tea as medicine throughout history. Buying and brewing the most healthful teas. Developing your own de-stressing tea traditions. Using tea in cooking and creating natural beauty products. With essential*

*advice on brewing the perfect cup and storing your tea, The Everything Healthy Tea Book will be your go-to reference for all things tea!*

*In this creative, ethnographic, and historical critique of labor practices on an Indian plantation, Piya Chatterjee provides a sophisticated examination of the production, consumption, and circulation of tea. A Time for Tea reveals how the female tea-pluckers seen in advertisements—picturesque women in mist-shrouded fields—came to symbolize the heart of colonialism in India. Chatterjee exposes how this image has distracted from terrible working conditions, low wages, and coercive labor practices enforced by the patronage system. Allowing personal, scholarly, and artistic voices to speak in turn and in tandem, Chatterjee discusses the fetishization of women who labor under colonial, postcolonial, and now neofeudal conditions. In telling the overarching story of commodity and empire, A Time for Tea demonstrates that at the heart of these narratives of travel, conquest, and settlement are compelling stories of women workers. While exploring the global and political dimensions of local practices of gendered labor, Chatterjee also reflects on the privileges and paradoxes of her own “decolonization” as a Third World feminist anthropologist. The book concludes with an extended reflection on the cultures of hierarchy, power, and difference in the plantation’s villages. It explores the overlapping processes by which gender, caste, and ethnicity constitute the interlocked patronage system of villages and their fields of labor. The tropes of coercion, consent, and resistance are threaded through the discussion. A Time for Tea will appeal to anthropologists and historians, South Asianists, and those interested in colonialism, postcolonialism, labor studies, and comparative or international feminism. Designated a John Hope Franklin Center book by the John Hope Franklin Seminar Group on Race, Religion, and Globalization.*

*This work provides a guide to the history and production of tea, equipage and advice on preparing and brewing tea. It includes a directory of countries, with each entry featuring a map which shows the tea growing regions. Each tea featured is illustrated with three colour photographs showing the dried leaf, the leaf after infusion, and the colour of the liquor. The flavour and colour characteristics are given with brewing hints and drinking recommendations. The first section comprises of the main producers - China, India, Indonesia, Sri Lanka and Taiwan. The second section features smaller producers - Australia, Argentina, Azores, Brazil, Malaysia and Uganda.*

*The Life of Tea*

*Reflections on a Life with Tea*

*A Venom Dark and Sweet*

*The Book of Matcha*

*The Daily Show (The Book)*

*Empire of Tea*

*A Time for Tea*

Let Joseph Wesley Uhl be your guide to the entire world of tea; from peeks into tea production around the world to brewing your own. "Water is the mother of tea, a teapot its father, and fire the teacher." -- Chinese Proverb As one of the most consumed beverages in the world, tea is a common shared experience across cultures and traditions. Companies and consumers alike are reawakening to the benefits of high quality, unprocessed, natural beverages, and tea is a perfect obsession for anyone interested in artisan food and healthy eating. In The Art and Science of Tea, entrepreneur and enthusiast Joseph Wesley Uhl brings to the story of tea its due reverence, making its history, traditions, and possibilities accessible to all. If you want to go beyond reading and enter your kitchen, Joseph offers "recipes" for creating your own tea blends using natural ingredients. Find: - A detailed overview of tea's history and origins - Thoughtful descriptions of global brewing methods - Innovative ideas for iced tea and DIY blends.

How do you like your tea? In How to Make Tea, tea experts Brian Keating and Kim Long will teach you everything you need to know to brew the perfect cup. We've been drinking tea for thousands of years, yet few of us realize that all tea types—from elegant lapsang to pungent pu-erh—originate from the same plant. But how are there so many different styles? It comes down to science: geography, biology, chemistry, and physics; the application of heat and pressure; and the magic of time and enzymes. How to Make Tea breaks down these elements and lays out the techniques, tools, and methods for brewing at home. With this guide, tea lovers of all stripes will become experts on the art and science of tea. Learn to extract the best from every leaf.

The Book of Tea, one of the great English tea classics, is a long essay about the connection between teaism, Taoism, and the aestheticism of the Japanese. It was written by Okakura Kakuzō in English and was published in the United States in 1906. The essay targets a Western audience and discusses the importance of tea in Japanese culture, not just as a beverage, but as a form of art expressed in different aspects. After a brief introduction to the attitude towards tea, Okakura demystifies the admiration of the Japanese people for this green plant by presenting the different schools of thought, the connection to Zen philosophy, and how it has affected the arts. The famous tea ceremony and its rigid formalities are explained, together with the contributions of the great tea-masters. The Book of Tea is considered by many to be one of the first books to introduce Eastern culture to the Western world. This was possible due to Okakura's early contact with the English language and Western thought, but also due to his position in the Asian art division of the Boston Museum of Fine Arts, which he came to head in 1910. This book is part of the Standard Ebooks project, which produces free public domain ebooks.

Homegrown Tea explains how to grow a large variety of plants in your own garden, on a balcony or even on a window sill could become your own tea cupboard. It shows you how to grow your tea from seeds, cuttings, or small plants, as well as which parts of the plant are used to make tea. It also shows you out when and how to harvest your plants, as well as information on how to prepare the plant, including how to dry tea leaves to make tea that will last you throughout the year. As a guide to using tea to make you feel better, there are nutritional and medicinal benefits. Finally, there is a guide to show how to make up fresh and dried teabags and how to serve a delicious homegrown tea. It is a sustainable way to look at a plant steeped in history and tradition. Sample drinks include well-known plants such as rose hips, mint, sage, hibiscus, and lavender, as well as

ones like chicory, angelica, apple geranium, and lemon verbena.

Cultivation to consumption

World Atlas of Tea

The Life and Times of the World's Favorite Beverage

Homegrown Tea

The Cultivation & Manufacture of Tea

The New Tea Companion

A Modern Guide

*Now available in a gorgeous hardcover slipcase edition, this "object d'art" will be sure to add grace and elegance to tea shelves, coffee tables and bookshelves. A keepsake enjoyed by tea lovers for over a hundred years, The Book of Tea Classic Edition will enhance your enjoyment and understanding of the seemingly simple act of making and drinking tea. In 1906 in turn-of-the century Boston, a small, esoteric book about tea was written with the intention of being read aloud in the famous salon of Isabella Gardner, Boston's most famous socialite. It was authored by Okakura Kakuzo, a Japanese philosopher, art expert, and curator. Little known at the time, Kakuzo would emerge as one of the great thinkers of the early 20th century, a genius who was insightful, witty—and greatly responsible for bridging Western and Eastern cultures. Okakura had been taught at a young age to speak English and was more than capable of expressing to Westerners the nuances of tea and the Japanese Tea Ceremony. In The Book of Tea Classic Edition he discusses such topics as Zen and Taoism, but also the secular aspects of tea and Japanese life. The book emphasizes how Teism taught the Japanese many things; most importantly, simplicity. Kakuzo argues that tea-induced simplicity affected the culture, art and architecture of Japan. Nearly a century later, Kakuzo's The Book of Tea Classic Edition is still beloved the world over, making it an essential part of any tea enthusiast's collection. Interwoven with a rich history of Japanese tea and its place in Japanese society is poignant commentary on Asian culture and our ongoing fascination with it, as well as illuminating essays on art, spirituality, poetry, and more. The Book of Tea Classic Edition is a delightful cup of enlightenment from a man far ahead of his time.*

*NEW YORK TIMES BESTSELLER The complete, uncensored history of the award-winning The Daily Show with Jon Stewart, as told by its correspondents, writers, and host. For almost seventeen years, The Daily Show with Jon Stewart brilliantly redefined the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by the players themselves, from legendary host Jon Stewart to the star cast members and writers-including Samantha Bee, Stephen Colbert, John Oliver, and Steve Carell - plus some of The Daily Show's most prominent guests and adversaries: John and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program to Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to become part of the beating heart of politics—a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage, passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, and provocative takes on Wall Street and racism, The Daily Show has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come together to share their memories of the last-minute rewrites, improvisations, pranks, romances, blow-ups, and moments of Zen both on and off the set of one of America's most groundbreaking shows.*

*Learn how to grow your own tea and process the leaves into white, green, oolong, black tea and more! Detailed descriptions of all the steps including growing from seed and cuttings, choosing your tea variety, preparing the grow site and all the techniques of processing tea. This book includes everything you need to know in order to establish a healthy, bountiful tea patch and a high quality finished product.*

*"Plant a tea plant and watch it grow! Grow Your Own Tea is truly a masterpiece how-to guide to cultivating and enjoying the sacred leaf. It will delight even the armchair gardener and casual tea lover." —James Norwood Pratt, author of James Norwood Pratt's Tea Dictionary* Tea lovers, make a fresh pot, sit down with this delightful guide, and discover the joys of growing and processing your own tea at home. Tea farmer Christine Parks and enthusiast Susan Walcott cover it all from growing tea plants and harvesting leaves, to the distinct processes that create each tea's signature flavors. In this comprehensive handbook, you'll discover tea's ancient origins, learn about the single plant that produces white, green, oolong, and black teas, and discover step-by-step instructions for plucking, withering, and rolling. Simple recipes that highlight the flavor of tea and creative uses for around the home round out this must-read for tea fans.

Way of Tea

Green Gold

Experience the World's Finest Teas, Qualities, Infusions, Rituals, Recipes

Growing it, making it, drinking it, the history, recipes and lots more

All the Essentials from Leaf to Cup

A Superhero Tea - What It Is, How to Drink It, Recipes and Lots More

A Memoir

This book considers research findings that can inform the practice of managing tea crops.

**#1 INTERNATIONAL BESTSELLER** □ 1920s Ceylon: A young Englishwoman marries a charming tea plantation owner and widower, only to discover he's keeping terrible secrets about his past, including what happened to his first wife, that lead to devastating consequences In this lush, atmospheric page-turner, nineteen-year-old Gwendolyn Hooper has married Laurence, the seductively mysterious owner of a vast tea empire in colonial Ceylon, after a whirlwind romance in London. When she joins him at his faraway tea plantation, she's filled with hope for their life together, eager to take on the role of mistress of the house, learn the tea business, and start a family. But life in Ceylon is not what Gwen expected. The plantation workers are resentful, the neighbors and her new sister-in-law treacherous. Gwen finds herself drawn to a local Sinhalese man of questionable intentions and worries about her new husband's connection to a brash American businesswoman. But most troubling are the unanswered questions surrounding Laurence's first marriage. Why won't anyone discuss the fate of his first wife? Who's buried in the unmarked grave in the forest? As the darkness of her husband's past emerges, Gwen is forced to make a devastating choice, one that could destroy their future and Gwen's chance at happiness.

The enthralling conclusion to Judy I. Lin's Book of Tea duology—#1 New York Times bestseller A Magic Steeped in Poison and A Venom Dark and Sweet—is sure to enchant fans of Adrienne Young and Leigh Bardugo. A great evil has come to the kingdom of Dàxi. The Banished Prince has returned to seize power, his rise to the dragon throne aided by the mass poisonings that have kept the people bound in fear and distrust. Ning, a young but powerful shénnóng-shi—a wielder of magic using the ancient and delicate art of tea-making—has escorted Princess Zhen into exile. Joining them is the princess' loyal bodyguard, Ruyi, and Ning's newly healed sister, Shu. Together the four young women travel throughout the kingdom in search of allies to help oust the invaders and take back Zhen's rightful throne. But the golden serpent still haunts Ning's nightmares with visions of war and bloodshed. An evil far more ancient than the petty conflicts of men has awoken, and all the magic in

the land may not be enough to stop it from consuming the world...

A cup of tea is an everyday pleasure for people the world over. And increasingly there is a dizzying array of teas to choose from - from robust black tea to elegant green tea and everything in between. In fact every tea has a fascinating story to tell about the place in which it grew - from soil, climate and altitude to the choices its producers made in processing it. Then there are the myriad ways in which that tea can be prepared for your daily cup. Tea mixologist Krisi Smith sets out what you need to know to appreciate teas of all descriptions - from harvesting and processing methods for different varieties to how to make the perfect cup. The world's key tea-growing regions and their best products are identified and their taste profiles explained - from China, Taiwan, Japan, India and Sri Lanka to Nepal, Vietnam and East Africa. The world of tea is fast-moving and Krisi also includes info on everything from blending teas to your own taste and some innovative recipes, to health benefits and the perfect kit to make your brew truly delicious.

The Asian Leaf that Conquered the World

A Journey to the World's Finest Teas

The Complete Book on Cultivation and Manufacture of Tea (2nd Revised Edition)

Classic Edition

Tea

An Illustrated Guide to Planting, Harvesting, and Blending Teas and Tisanes

The Empire of Tea

**SHORTLISTED for The Fortnum & Mason Food & Drink Awards 2016** From the founders of Teapigs, this is a book about tea like no other. Packed full of infographics and illustrations, as well as recipes, this complete compendium is a celebration of tea-drinking around the world: from drinking masala chai in tea shacks in India or from a samovar in Russia, to the dramatic pouring of Moroccan mint tea and the brewing of a salty butter tea in Tibet. From plant to pot, learn everything there is to know about tea; how it's enjoyed around the world and the origins of different teas, where they come from and how they are processed. Take a visual journey, with the tea leaf, and see what happens during the processing business as well as learning about the different types of tea and what each needs to bring out its very best in terms of taste. Find the answers to all those important tea-related questions such as should you slurp or sip your tea? Is a cup or a bowl best for drinking tea? To dunk or not to dunk - that is the question? And how can tea influence your mood? Finally, work your way through the 30 or so delicious recipes that offer inspiration for using tea in cooking or partnering recipes with the best teas; from tea-infused beef on a green papaya salad to Earl Grey shortbread heart biscuits. Put the kettle on, make yourself a brew, and curl up with this informative and beautiful guide to all things tea.

**Fight Colds and Flu Lower Cholesterol Beat Depression Banish Fatigue Enhance Memory Lose Weight And More! An ancient Chinese legend: Once there was a man who knew 100,000 healing properties of herbs. He taught his son 80,000 secrets. On his deathbed, he told his son to visit his grave in five years, and there he would find the other 20,000 secrets. When the son went to his father's grave, he found, growing on the site, the tea shrub....** Teas are the gentle, natural, most beneficial way to absorb the healing properties of herbs--easily and inexpensively. A simple cup of tea not only has the power to soothe and relax but to deliver healing herbal agents to the bloodstream more quickly than capsules, tinctures, or infusions. Feeling tired? Rose hip tea will rev you up and beautify your skin. Need some help with your diet? Ginger tea will provide the boost you need and help aching joints too. Hot or iced, these pure and simple drinks offer delicious ways to stay healthy and revitalize you from the inside out. This unique guide offers: An A-Z listing of common ailments followed by the teas best used to treat them Instructions on how to create your own medicinal kitchen Advice on creating your own tea blends Descriptions of the top 100 herbs and their secret healing properties And much, much more! Tea is one of the most popular beverages that are being consumed all over the world. Tea is known as a soothing drink and a way of life. Owing to its increasing demand, tea is considered to be one of the major components of world beverage market. Tea is very beneficial for health and is also known as anticarcinogenic properties. Green tea acts as an antiviral agent. Growing tea requires sufficient amount of work and there is additional level of work that must be incorporated to harvest it. Tea is cultivated in tropical and sub tropical regions. There are various kinds of tea such as black tea, green, oolong tea that can be obtained from real tea plant, *Camellia sinensis*. The making of different varieties of tea mainly depends upon plucking and rolling, spreading, storing process. The handbook describes aspects of tea cultivation, ranging from the history of old crop, machinery & equipment for various Tea, biological control, organic tea- and many more. This is a sincere attempt to open up the world of this wonderful beverage, its cultivation methods, types of tea available worldwide, manufacturing process, to the common man. Some of the fundamentals of the book are growth of tea in other countries, tea in Indian economy, biochemical constituents, pharmacological properties, selection, pollination and propagation, nutritional requirements, growth, photosynthesis and respiration, nursery management, water theory, oxidative degradation of protein, biological effect of polyphenols, analysis of tea, tea processing, green tea processing, tea bag production etc. This book will be a mile stone for its readers who are new to this sector, will also find useful for entrepreneurs, tea scientists and tea research establishments.

**The Book of Coffee and Tea is a passionate guide to selecting, tasting, preparing, and serving the beverages caffeine connoisseurs can't live without. Written by acknowledged experts in the coffee-roasting and tea-importing business, this book will tell you everything you ever wanted to know about that beloved cup of joe (or orange pekoe), including how to: distinguish between Kona, Jamaican, Mocha, Java, and the other varieties of coffee; choose the method of brewing that's best for you; make the perfect cup of coffee at the ideal temperature, no matter which method you choose; recognize ginseng, oolong, Earl Grey Ceylon, and the myriad other types of tea; blend and prepare your own herbal teas at home; recognize quality and freshness; find the best coffee, tea, equipment, and accessories, using the completely updated mail order section. Rich with the lore, steeped in tradition, and brimming with expert information, this is the only book coffee and tea lovers will ever need.**

The Art and Craft of Tea

Discover the Healing Benefits of Tea

How to Grow Up

How to Make Tea

The Book of Tea

A Little Tea Book

All about Tea

**"A gutsy, wise memoir-in-essays from a writer praised as 'impossible to put down'"—People From PEN America Literary Award-winning author Michelle Tea comes a moving personal essay collection**

**about the trials and triumphs of shedding your vices in order to find yourself. As an aspiring young writer in San Francisco, Michelle Tea lived in a scuzzy communal house: she drank; she smoked; she snorted anything she got her hands on; she toiled for the minimum wage; she dated men and women, and sometimes both at once. But between hangovers and dead-end jobs, she scrawled in notebooks and organized dive bar poetry readings, working to make her literary dreams a reality. In *How to Grow Up*, Tea shares her awkward stumble towards the life of a *Bona Fide Grown-Up*: healthy, responsible, self-aware, and stable. She writes about passion, about her fraught relationship with money, about adoring Barney's while shopping at thrift stores, about breakups and the fertile ground between relationships, about roommates and rent, and about being superstitious ("why not, it imbues this harsh world of ours with a bit of magic"). At once heartwarming and darkly comic, *How to Grow Up* proves that the road less traveled may be a difficult one, but if you embrace life's uncertainty and dust yourself off after every screw up, slowly but surely, you just might make it to adulthood. "Wild, wickedly funny, and refreshingly relevant." —Elle "This compulsively readable collection is so damn good, you'll tear through the whole thing (and possibly take notes along the way)." —Bustle**

**You Love To Drink Tea. Why Not Grow Your Own? If you've ever considered raising your own tea, this comprehensive guide is the place to start. *Growing Your Own Tea Garden* is packed with inspiration and practical instructions for cultivating and enjoying delicious teas. Author Jodi Helmer helps you plan and plant a productive backyard tea garden, with sample garden designs and cultivation advice. She shows you how to choose the right crops for your soil and climate, starting with the tea plant (*Camellia sinensis*) and going on through a comprehensive survey of tisanes, or herbal teas. Discover how to grow the full range of herbal infusions that make wonderful teas, from flowering chamomile and lavender to chicory roots, rose hips, lemon verbena, peppermint, aromatic bergamot and more. Jodi shows you how to harvest, dry and store your tea to enjoy all year long, along with brewing tips and creative recipes. Inside *Growing Your Own Tea Garden* · Everything you need to know to create a healthy, bountiful tea garden and enjoy high quality tea · How to grow dozens of crops that make marvelous teas, herbal infusions and decoctions · Sample tea garden designs, including instructions for growing tea in container gardens and raised beds · Understanding the differences between black tea, green tea, white tea and herbal tea · How to dry and store your leaves for consumption on cool autumn days · Let it steep: how to brew the perfect cup of tea**

**Discover the incredible uses of 40 home-grown and foraged ingredients for making a variety of original brew-it-yourself recipes. You will learn how to grow, find, harvest, dry, and store ingredients including berries, roots, seeds, leaves, and flowers--plus the profile of each: history, health benefits, parts of the plant to use, and how to brew singly. The 30 recipes are for complex blends and specialty drinks such as detox teas, class night-time brews, Moroccan mint, Korean barley tea, bubble tea, and even dandelion coffee. Step-by-step detailed instructions are given for each recipe. There is also a "best of the rest" section with more unique ingredients that can be added to your brews, such as ginger, cinnamon, pomegranate, and orange. Enjoy the satisfaction and health benefits of brewing your own natural teas!**

**Tea is a unique crop and, incidentally, a very interesting and attractive one. The tea bush, its cultivation and harvesting do not fit into any typical cropping pattern. Moreover, its processing and marketing are specific to tea. Thus the Tea Industry stands apart and constitutes a self contained entity. This is reflected in the title given to this book, *Tea: Cultivation to consumption*, and its treatment of the subject. The book is logically planned - starting with the plant itself and finishing with the traditional 'cuppa'. Every aspect of tea production is covered, inevitably some in greater detail than others. However, it gives an authentic and comprehensive picture of the tea industry. The text deals in detail with cultural practices and research, where desirable, on a regional basis. The technology of tea cultivation and processing has been developed within the industry, aided by applied research which was largely financed by the tea companies themselves. This contributed to a technically competent industry but tended to bypass the more academic and fundamental investigations which might bring future rewards. The sponsorship of research has now widened and the range and depth of tea research has increased accordingly. The editors and authors of this book have played their part in these recent developments which are well reported in the book.**

**Grow, gather, brew & blend 40 ingredients & 30 recipes for healthful herbal teas**

**The Book of Coffee and Tea**

**The Tea Girl of Hummingbird Lane**

**The Guide to Growing and Harvesting Flavorful Teas in Your Backyard**

**Advances in Tea Agronomy**

**Revised and Updated Edition**

**20,000 Secrets of Tea**

**Although tea had been known and consumed in China and Japan for centuries, it was only in the seventeenth century that Londoners first began drinking it. Over the next two hundred years, its stimulating properties seduced all of British society, as tea found its way into cottages and castles alike. One of the first truly global commodities and now the world's most popular drink, tea has also, today, come to epitomize British culture and identity. This impressively detailed book offers a rich cultural history of tea, from its ancient origins in China to its spread around the world. The authors recount tea's arrival in London and follow its increasing salability and import via the East India Company throughout**

*the eighteenth century, inaugurating the first regular exchange—both commercial and cultural—between China and Britain. They look at European scientists' struggles to understand tea's history and medicinal properties, and they recount the ways its delicate flavor and exotic preparation have enchanted poets and artists. Exploring everything from its everyday use in social settings to the political and economic controversies it has stirred—such as the Boston Tea Party and the First Opium War—they offer a multilayered look at what was ultimately an imperial industry, a collusion—and often clash—between the world's greatest powers over control of a simple beverage that has become an enduring pastime.*

*Traces the history, myth and rituals of tea growing and tea drinking from the tea gardens of Burma to the tea rooms of London. A beautifully illustrated and designed volume, with its exceptional selection of archival and contemporary documents, makes a delightful contribution to our understanding of the culture and traditions surrounding one of the world's most popular and extraordinary beverages.*

*Where does tea come from? With DK's The Tea Book, learn where in the world tea is cultivated and how to drink each variety at its best, with steeping notes and step-by-step recipes. Visit tea plantations from India to Kenya, recreate a Japanese tea ceremony, discover the benefits of green tea, or learn how to make the increasingly popular Chai tea. Exploring the spectrum of herbal, plant, and fruit infusions, as well as tea leaves, this is a comprehensive guide for all tea lovers.*

*From tea guru Sebastian Beckwith and New York Times bestsellers Caroline Paul and Wendy MacNaughton comes the essential guide to exploring and enjoying the vast world of tea. Tea, the most popular beverage in the world after water, has brought nations to war, defined cultures, bankrupted coffers, and toppled kings. And yet in many ways this fragrantly comforting and storied brew remains elusive, even to its devotees. As down-to-earth yet stylishly refined as the drink itself, A Little Tea Book submerges readers into tea, exploring its varieties, subtleties, and pleasures right down to the process of selecting and brewing the perfect cup. From orange pekoe to pu-erh, tea expert Sebastian Beckwith provides surprising tips, fun facts, and flavorful recipes to launch dabblers and connoisseurs alike on a journey of taste and appreciation. Along with writer and fellow tea-enthusiast Caroline Paul, Beckwith walks us through the cultural and political history of the elixir that has touched every corner of the world. Featuring featuring charming, colorful charts, graphs, and illustrations by bestselling illustrator Wendy MacNaughton and Beckwith's sumptuous photographs, A Little Tea Book is a friendly, handsome, and illuminating primer with a dash of sass and sophistication. Cheers!*

*The Most Effective Ways to Benefit from Nature's Healing Herbs*

*White, Green, Oolong, and Black Teas*

*The Tea Book*

*Growing Your Own Tea Garden*

*The Science Behind the Leaf*

*The Book of Tea Classic Edition*

*The Gardener's Guide to Growing and Processing Tea*

**As the world's most popular beverage, tea has fascinated us, awakened us, motivated us, and calmed us for well over two thousand years. A History of Tea tells the compelling story of the rise of tea in Asia and its eventual spread to the West and beyond. From the Chinese tea houses of the ancient Tang Dynasty (618-907) to the Japanese tea ceremonies developed by Zen Buddhist monks, and the current social issues faced by tea growers in India and Sri Lanka—this fascinating book explores the complex history of this universal drink. This in-depth look illuminates the industries and traditions that have developed as tea spread throughout the world and it explains how tea is transformed into the many varieties that people drink each day. It also features a quick reference guide on subjects such as tea types, proper terminology and brewing. Whatever your cup of tea—green, black, white, oolong, chai, Japanese, Chinese, Sri Lankan, American or British—every tea aficionado will enjoy reading A History of Tea to learn more about their favorite beverage.**

**A thrilling new novel from #1 New York Times bestselling author Lisa See explores the lives of a Chinese mother and her daughter who has been adopted by an American couple. Li-yan and her family align their lives around the seasons and the farming of tea. There is ritual and routine, and it has been ever thus for generations. Then one day a jeep appears at the village gate—the first automobile any of them have seen—and a stranger arrives. In this remote Yunnan village, the stranger finds the rare tea he has been seeking and a reticent Akha people. In her biggest seller, Snow Flower and the Secret Fan, See introduced the Yao people to her readers. Here she shares the customs of another Chinese ethnic minority, the Akha, whose world will soon change. Li-yan, one of the few educated girls on her mountain, translates for the stranger and is among the first to reject the rules that have shaped her existence. When she has a baby outside of wedlock, rather than stand by tradition, she wraps her daughter in a blanket, with a tea cake hidden in her swaddling, and abandons her in the nearest city. After mother and daughter have gone their separate ways, Li-yan slowly emerges from the security and insularity of her village to encounter modern life while Haley grows up a privileged and well-loved California girl. Despite Haley's happy home life, she wonders about her origins; and Li-yan longs for her lost daughter. They both search for and find answers in the tea that has shaped their family's destiny for generations. A powerful story about a family, separated by circumstances, culture, and distance, Tea Girl of Hummingbird Lane paints an unforgettable portrait of a little known region**

**and its people and celebrates the bond that connects mothers and daughters.**

**The Way of Tea draws upon the wisdom of ancient writings to explain how modern tea lovers can bring peace and serenity to their time with a steaming mug of their favorite beverage—and how to carry that serenity with them throughout the day. Looking at all aspects of tea and the tea ceremony from a spiritual perspective, The Way of Tea shows readers how in the modern world the way of tea does not need to be some somber religious ceremony, but can instead be a path for anyone to experience and share inner peace, relax the ego, and be free and open—an excellent recipe for a life well lived. Chapters include: The Tao of Tea The Veins of the Leaf Calm Joy Completion The Tea Space Living Reflections on the Way of Tea**

**This is your guide to all things tea! From the estates where tea grows to tips for tasting like a pro; from unbreakable rules for brewing the perfect cup to delicious recipes to accompany your cup, this appealing volume is packed with illustrations and fun infographics. Created by the cocreators of the teapigs brand, it celebrates tea culture and customs around the world.**

**A Guide to Teas Throughout the World**

**Grow Your Own Tea**

**The Tea Planter's Wife**

**Wild Tea**

**Women, Labor, and Post/Colonial Politics on an Indian Plantation**

*Tea is a beverage with roots all over the globe, from English tearooms to the mountains of Tibet. This exquisitely illustrated volume leads readers on an investigation of the many faces of tea: a mythic plant, a ceremony, the cause of wars (remember the Boston Tea Party), and ultimately one of the world's favorite beverages. The Book of Tea provides a comprehensive history and background of the beloved ritual of tea, providing photographed accounts of tea farming, tea barons and, teatime, and capturing the various tastes and nuances of teas from around the world. This book, based on the original Flammarion title *The Book of Tea*, is now edited and brought up to date. This book acts as both a guide to the appreciation of tea and a travel guide to the regions responsible for the production of tea, including Asia, the Middle East, and parts of Africa. Anyone who loves tea will be delighted by the chance to delve into the magnificent photography and descriptive writing of *The Book of Tea*.*