

CUP *of* TEA

Steeping our stories together,
one cup at a time

This labor of love has been in the name of tea and our community. It has been my mission to create a gathering space where people come together to create connections, share, and learn new things from each other. I believe in doing my part to support the community as they have supported me. I have created a variety of events and programs, like the Tea of the Month, as my way to give back. Each month, I feature a new tea and pair it with a local program. My hope is to raise awareness and money for our hard working non-profits. If you have ideas about how Cup of Tea can continue to build community, please share them with me. I am very grateful for each and every one of you who have embraced Cup of Tea.

- Susie Sisk

Here's a Cup of Tea from me to you...

2020 *Wall of Tea*

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Overview

The tea catalog is broken into 9 groups of tea. The first five groups (**Black, Oolong, Green, White, and Pu-erh**) all come from *camellia sinensis*, otherwise known as the tea plant. Although from the same plant, each type of tea has a unique flavor due to the techniques used to cure the leaves.

The sixth group, **Herbal** tea, is composed of blends made from herbs, fruits, and spices. This group is caffeine-free, but can easily be combined with any pure tea if caffeination is desired.

The next group is the drinkable **Shrubs**. Rooibos and honeybush are two “shrubs” we love! Shrubs are unique for their high levels of health-promoting antioxidants, just like a traditional tea, but without caffeine.

The eighth group is the health-driven **Wellness** teas. Cup of Tea believes in living a healthy life, hence the name “wellness” for our medicinal line. 20 of these teas are blended by Mama-te-a, a local mom.

Lastly, the right side of the Wall of Tea has a variety of herbs, fruits, and spices we refer to as **Botanicals**. These “extras” are intended to be blended together, or be added to other teas as a boost, in order to create a unique blend.

☞ *Black Tea* ☞

Black tea is one of the most beloved drinks in the world. Black tea is created when tea leaves are oxidized, withered, rolled, and left to dry. During this process, flavanols (catechins) oxidize with the air and create a unique color and flavor. The most consistent description of black tea is a strong, full bodied flavor, with a dark-brown infusion.

Caffeine: approximately 40-90 milligrams per 8 oz cup

Steep at 205 degrees for 3 mins

Resteep up to 3 times

 **A S S A M**

\$5/OZ

This tea is from a 100 year old plantation, in the state of Assam, located in northeastern India. Known as the world's largest tea-growing region. Processed during the summer months, this tea has broad leaves of the assamica variety. ***This is an ideal breakfast tea, with a malty, bright, and low astringency flavor.***

 **A S S A M G O L D**

\$10/OZ

From the Mangalam Tea Estate, this carefully processed tea has large leaves with golden tips. This high-end treasure produces a ***malty, spicy taste*** and creates a cup with a rich amber tone.

 **B E N I F U U K I**

\$10/OZ

Coming from the land of the Rising Sun, this particular cultivar was developed in 1965 in the Kagoshima Prefecture. The finished leaf has a flat, rough, and deep black appearance, causing a reddish golden cup of tea. ***The nuance of ripe plums and delicate sweetness lingers for a pleasant aftertaste.***

 **C E Y L O N**

\$5/OZ

This hand picked tea is grown at sea level in Sri Lanka. ***It has an impeccable aroma, with balanced notes of maltiness.*** The leaves have been described as “wiry” because they are left long and thin. In the world of tea, these leaves are easy to recognize. Ceylon is rich in antioxidants such as flavonoids and polyphenols.



CEYLON DECAF

\$7/OZ

We have selected this full bodied classic tea from the famous island, situated in the Gulf of Bengal, for our decaffeinated tea. The decaffeination method involves the use of Carbon Dioxide (CO2) to remove the caffeine molecules without affecting the flavor of the tea or the health benefits. Enjoy the *malty classic* any time of the day.



DARJEELING

\$7/OZ

This Darjeeling is from the Happy Valley Estate, only two miles from the town of Darjeeling. Some are surprised when they taste Darjeeling tea, because they don't believe it's a black tea. *The flavor is lightly musky-sweet and muscatel.* The word Darjeeling originates from two Tibetan words: "Dorje" in reference to the mythological staff of the Hindu god Indra, and "ling" for "area" or "spot". Thus making "Darjeeling" literally the "place where there is a thunderbolt."



ENGLISH BREAKFAST

\$5/OZ

We blend this fan favorite morning tea in house, by combining Keemun, Ceylon and Assam tea. *It's a smooth, yet bold taste that will keep you sipping past breakfast time.*



GOLDEN MONKEY

\$10/OZ

Golden Monkey (also called Jin Hou) is grown in the northern Fujian province of China. This tea is harvested in the springtime by carefully plucking the new leaves and buds. Its name is drawn from its tippy golden leaf and bright golden color liquid. Fun fact; It's the black tea counterpart of Silver Needle white tea. *What we love about this tea is its silky, caramel flavor, rich aromas, and low astringency.*

**K E E M U N****\$5/OZ**

Keemun is one of the most famous teas in the world, making up one third of the popular English Breakfast. This organically grown tea is from the Chinese province of Anhui. The tea leaves have a distinctive shape; having been twisted and left to oxidize, then baked or fired to remove any remaining moisture. *This process results in a mild sweetness and a hint of smokiness; some say that this is the “Burgundy Wine” of teas.*

**L A P S A N G S O U C H O N G****\$5/OZ**

Lapsang Souchong is a small leaf cultivar that has been smoked by pine wood. These leaves are plucked from the lower part of the tea plant for a deeper and more mature flavor. After the leaves are plucked, they are roasted on an iron pan, then smoked over pinewood rich with resin. According to history, the drying of the leaves over a pine fire was done by accident in order to hurry the drying process. The “ruined” tea was sold to the Dutch, who sang its praises and requested more. *What the Dutch discovered, was a tea with a rich smokiness, a hint of sweet pine, and a malty aftertaste.*

FLAVORED BLACK TEA



DIWALI CHAI

\$7/OZ

This chai tea is inspired by the five day festival of lights, Diwali, a symbolic celebration of the victory of light over darkness. Unlike our other chai teas, this one is bright with citrus, sparkling with pink peppercorn, and glowing with ginger. This cup is a **brilliant parade of spices** that will transport you to the heart of the celebration.

assam, cinnamon, cloves, orange peel, star anise, ginger, cardamom, pink pepper, nutmeg, safflower petal



EARL GREY

\$5/OZ

This is one of the most recognized flavored teas in the world. We are willing to bet, this is the best Earl Grey ever. It is blended with Chinese Keemun, from the Anhui province in east-central China, and Ceylon tea, from the island of Sri Lanka. **The bergamot essential oil creates a sweet, medium-bodied tea that is well-rounded, citrusy, and floral.** Looking for a "Lady Grey" or way to make a London Fog? Ask us!

black tea, bergamot oil



MASALA CHAI

\$7/OZ

Heritage Masala Chai is a collaborative creation of the Heritage Tea Assam community. The spices are grown by a small network in Meghalaya and Arunachal Pradesh. **By combining this blend with spices from our botanical section, you can mix your own chai tea blend.**

Assam, cardamom, clove, cinnamon, bay leaf



MERRY AND BRIGHT

\$5/OZ

Raise a cup, and bask in the warm light of holiday cheer! A time to celebrate with those near or far, with a flavor worth toasting! ***Black tea to keep you up through the festivities, with the sweet gratification of cocoa and peppermint.*** Let your heart be light, and may the season leave you merry and bright!

(available December through January)

black tea, cocoa, peppermint, candy cane, sprinkles



ROSE CITY

\$5/OZ

Rose city black tea is also known in China as Meigui Hongcha. The tea is scented in the traditional way: by layering red rose petals and tea leaves during drying. Once the right quality has been achieved, they are separated by sieving. ***This Chinese Rose Tea has a smooth and malty flavor, with a balanced bouquet of rose.***

black tea, rose petals



SPICY ORANGE

\$5/OZ

This sensational blend is balanced with ***orange zestiness, spicy cinnamon, and sweet fruitiness.*** The aroma alone will pull you in for a sip, and the assertive black tea will perk you up.

black tea, orange, cinnamon, peach, cloves



TEA - JUANA CHAI

\$7/OZ

This full bodied black tea has all the traditional spices you would find in a chai with the surprise of a cocoa kick.

Thanks to Quetzalcoat, an Aztec deity, for gifting its followers with the cacao seed. This gift was often prepared as a drink with spices. In honor of this Aztec deity of wisdom, drink a warm mug full or cool it down with ice and milk.

Black tea, cocoa, cardamom, cinnamon, coriander, black pepper, ginger



VELVET VANILLA

\$5/OZ

What do you get when you mix a *malty Assam with the smooth, sweetness of real vanilla bean?* You get a tea that smells like a chocolate brownie. Awaken memories of fresh baked brownies with the decadence of vanilla bean for an outstanding vanilla forward black tea.

assam, vanilla

☞ *Oolong Tea* ☞

Oolong tea is generally described as being semi-oxidized. Primarily manufactured in China and Taiwan, it represents only two percent of the world's tea production. Often called Formosa, it is processed immediately after plucking. The leaves are first wilted in direct sunlight, then shaken (not stirred) in bamboo baskets to lightly bruise the edges of the leaves. For the next 1 ½ to 2 hours, the tea is vacillated between being shaken and spread out to dry, until the leaves are slightly yellow. In order to halt the oxidation, the leaves are pan fired, resulting in a 10-50 percent oxidation. The flavor of Formosa Oolong can be described as fragrant, and distinctly sweet, with a soft roasted quality, contrasted by notes of orchid and ripe fruit. The Chinese Oolong undergoes a longer processing, which results in a 60-80 percent oxidation, giving it a richer, darker liquor.

Caffeine: 50-75 milligrams per 8 oz cup

Steep at 195 degrees for 3-5 mins

Resteep 3-7 times

**BUTTERFLY FORMOSA** \$7/OZ

This oolong, with its many shades of green and brown, is only produced in the Taiwanese highlands. Stopping the fermentation process at the right moment means that the leaf edges are oxidized, and the center remains green. *This tea has a particular sweetness, and it reminds us of the smell of freshly baked bread.* The leaves have a noticeably twisted quality that is very different from semi-balled, high-mountain teas.

**DA HONG PAO** \$5/OZ

Da Hong Pao is a Wuyi rock tea that is grown in the Wuyi Mountains of Fujian Province, China. The name Da Hong Pao (or “Big Red Robe”) has a few different origin stories. Some say its tea bushes were so revered that they were cloaked in red robes by imperial officials, while others simply claim the name was a poetic description for the color of the tea bushes when the warm dusk light is cast through their newly grown leaves. Regardless, the tea is dried in large bamboo baskets that are placed above a charcoal pot. Da Hong Pao *has a unique orchid fragrance and a long-lasting sweet aftertaste.* Compared to other tea, Da Hong Pao can retain its flavor for nine steepings.

**DARK PEARL** \$10/OZ

This tea is cultivated in the Tai Tung Region of eastern Taiwan. It is fermented longer than traditional oolongs, resulting in a flavor similar to a fine pu-erh without the earthiness. *An exceptional oolong with a rich, toasty flavor and peachy lingering sweetness.*



IRON GODDESS

\$7/OZ

Iron Goddess, aka Tie Guan Yin (the name of the cultivar) is from Anxi County in Fujian, China. Named after the Chinese goddess Guanyin, which lends another popular name to this tea, “Iron Goddess of Mercy tea”, also known as Ti Kuan Yin tea and TGY. This Oolong is plucked from high mountain growing tea plants, and withered in the sun to begin the drying process. There are a minimum of 12 steps to process Iron Goddess, with each estate keeping the traditions of their own methods secret. The end result is a cup with *a bright, floral aroma, and a sweet aftertaste that lingers for minutes.*



ROASTED TIE GUAN YIN \$5/EACH

Harvested in the Spring of 2017, this Tie Guan Yin is stuffed inside a bittermelon and roasted. Okay, we know this sounds peculiar, but when you leave it inside the melon, the result is a *dark oolong with a lovely, malty sweet balance.* Enjoy the experience of steeping this tea again, and again, and again; for each steeping produces an ever changing profile.

(not available for tea flight or drinks)



TUNG TING

\$8/OZ

Mr. Chang has gifted us this Tung Ting from the mountain range of the same name. Fun fact, “Tung Ting” means “frozen summit,” or “ice peak.” *This tea is oxidized for 18 hours to give it a dark color and a warm, smooth flavor. The first steeping of this tea is sweet and fruity; subsequent steepings are nutty and rich.* Enjoy this tea thoroughly; it has many flavor paths to take you on.

FLAVORED OOLONG TEA



CROWN OF CLARITY

\$5/OZ

Sip, and in the silence, envision a crown of royal flowers blooming upon your head. Fit for tranquility and enlightenment; lotus oolong is paired with green tea, and adorned with floral jewels of rose and chamomile blossoms. ***A sweet and graceful brew that spins luxuriously on the palate.***

Lotus oolong, green tea, rose, chamomile, lavender



KOKOSNUSS

\$5/OZ

This is a decadent dessert tea. ***If you love coconut milk and all its sweet qualities, this will be your go-to tea for a guiltless indulgence.*** The flavor is smooth and creamy.

coconut, oolong, apple



LEMON CRÈME

\$5/OZ

A tempting blend that makes the perfect after-dinner tea! It has a ***creamy burst of lemon flavor, with a delicate hint of basil.*** The soft earthiness of this Formosa rounds out this savory cup that will have you asking for a second.

oolong, basil, lemon, lemon oil, sodium alginate (from seaweed), marigold blossoms



MOONSTRUCK MINT

\$5/OZ

This multifaceted fruit tea blend is a real surprise. The flavor is dominated by *sweet and creamy pineapple*, which is perfectly accompanied by light notes of *cool mint*, fresh cucumber, and savory oolong.

pineapple, cucumber, peppermint, lemon, oolong



MS. APRICOT

\$7/OZ

This Chinese oolong is blended with delectable apricots. The perfectly *sweet fruit harmonizes with the nuttiness of the oolong for a lovely, balanced tea*. Drinking this tea iced is like biting into a perfectly ripe apricot on a warm summer day.

oolong, apricot



MT HOOD MEADOW

\$5/OZ

A fruity and dreamy delicacy: Melba peach deluxe! Think fruits à la mode. Who can resist *sun ripened peaches, topped with sweet vanilla ice cream and lavender whipped cream?* To die for!

apple, carrot, candied pineapple, peach, rose petals, safflower, lavender, oolong

**OSMANTHUS****\$10/OZ**

Osmanthus, a flowery genus of plants, has been used in traditional medicine to help with a variety of things including lung health, skin complexion, and as a body detoxicant. The **sweet peach flavor and light floral notes** make this tea the drink of choice at weddings in some Asian countries. Its taste is thought to symbolize love and romance. The refreshing taste of Taiwanese oolong, blended with heavenly osmanthus, creates an unforgettable tea experience.

oolong, Osmanthus

**PARKER'S CHAI****\$5/OZ**

Campfire cuddles and brazen books sing for a **scrumptious spice to sate the senses**. We raise a mug of this full-flavored chai to our graphic designer, whose impeccable taste is evident in both eye and palate.

oolong, cinnamon bark, ginger, cardamom, chicory, cocoa nibs, black peppercorn, cloves

**ROSEBERRY****\$5/OZ**

With rose petals and aronia berries, this oolong blend reminds us of sunny spring days in the Rose Garden. This tea is **slightly tart, with a rosy finish**.

oolong, aronia berries, candied mango, rose

  G I N S E N G

\$10/OZ

This popular house blend contains *medium-bodied, high-mountain oolong, with Panax ginseng powder and licorice root*. It is beautifully balanced, with a vibrant and complex aftertaste, engaging the whole palate long after each sip. This tea is also known as Blue People Oolong.

oolong, powdered ginseng root, licorice root

♪ Green Tea ♪

Green tea is often referred to as an “unoxidized” tea. It can be plucked in the morning and ready to brew the same night. The leaves are heated immediately after plucking. This heat prevents the leaves from withering and oxidizing. The bypass of oxidation allows green tea to retain most of its natural dark green color, tannins, vitamin C, chlorophyll, and minerals. In some green teas, this lack of oxidation is responsible for the low caffeine level. In China, most farms still handpick and spread the leaves out on bamboo trays to be exposed to sunlight. The leaves are then quickly roasted, rolled into balls, and roasted a second time. In Japan, the leaves are plucked and steamed quickly until they are soft enough to roll. They are then cooled, rolled, and twisted until they are completely dry.

Caffeine: 35-70 milligrams per 8 oz cup

Steep at 175 degrees for 1-3 minutes

Resteep up to 3 times

**DRAGON WELL****\$7/OZ**

This national pride of China is from the Zhejiang province. Translated from “longjing” literally meaning “dragon well”; having a distinctly feather shaped leaf that twists and rolls like a dragon as it steeps. *A sweet buttery fragrance, with a clean and nuanced floral and herbaceous flavor, that blooms across the palate, and finishes with a pleasing sweetness.* No bitterness or grassiness to be found here!

**EMPERORS CLOUD & MIST****\$10/OZ**

This elegant gunpowder green tea is produced from the finest, high-mountain grown Chinese tea. It is steamed to retain its freshness and carefully rolled into tiny nuggets, making the tea look like gun powder. *Upon steeping, the resulting cup is bright, crisp, and vibrant.*

**GYOKURO****\$10/OZ**

This Japanese rarity originates in a garden, near the Hiki River, in the district of Wakayama. *This tea's flavor resembles seaweed, with a sweet and full-bodied aftertaste.* It contains a large concentration of catechins, which happen to be antibacterial.

**HOJICHA****\$10/OZ**

The history of Hojicha demonstrates the aversion to waste in Japanese culture. In the 1920s, tea merchants tried to make the most of leftover leaves, stems, stalks, and twigs from past tea production by roasting them over charcoal. In addition to minimizing waste, Hojicha resulted in another business opportunity. The pleasant aroma of roasted green tea helped merchants entice more customers into their shops. *This low-caffeine Japanese classic smells of hardwood and toasted cereals, with a nutty mellow, toasty flavor.*



HOUJICHA

\$15/OZ

This limited edition Houjicha was grown in Shizuoka Japan on the farm of the Kurihara Family. It is crafted from the spring leaves that were harvested in May. ***The dark color is due to the roasting process, which smooths out any bitterness and brings out beautiful aromatic, savory and smoky flavors.*** The roasting process also reduces the amount of caffeine, causing it to be less than decaffeinated tea.



MAO FENG

\$5/OZ

One of the most popular Chinese green teas, Mao in Chinese means “hair or fur” and Feng means “mountain peak”. This describes the fur on the dried leaves and the landscapes of where the tea is grown. What sets this tea apart from other Chinese tea is that it is baked, vs pan fried to stop oxidation. ***The taste is very clean with a delicate sweetness and a fresh floral aroma.*** Mao Feng is grown at 800 meters above sea level in She County, Anhui. Plucking season begins just after the Qing Ming festival on April 5th. I am sure that this tea will become your everyday green.



SENCHA

\$7/OZ

This steamed green tea boasts its origin from Shizuoka Prefecture, the home of mighty Mt. Fuji. Sencha is one of Japan’s most popular and beloved teas, known for its ability to pair well with seafood and noodle dishes, both hot or cold. Picked at the beginning of the growing season, this first flush beauty ***produces a refreshing, sweet, and satisfying vegetal taste.***

FLAVORED GREEN TEA



ALMOND BISCOTTI

\$5/OZ

In loving tribute to the fabulous Italian biscuits we all know and love! ***A combination of smooth and sweet almond with a refreshing to tickle the taste buds.***

green tea, orange, almonds, pink peppercorns, safflower



APPLE CRUMBLE

\$5/OZ

Who needs to spend hours ***baking an apple crumble***, when this tea has such big flavor and can be enjoyed in just a couple of minutes? This autumn influenced tea is the perfect compliment to the coziest sweater you own.

sencha, roasted apple



GENMAICHA

\$7/OZ

This cup of Sencha tea is made with toasted rice. Kyoto was the birthplace of Genmaicha. Legend tells of a tea farmer who mixed brown rice in with his cheapest blend, so that the poor could afford a tea with some nutritional value. The lime-colored cup of tea reveals a ***light, roasted note and a hint of caramel.*** When you embrace this unique tea, it becomes your get-up and go-to.

sencha, toasted rice



JASMINE PEARL

\$7/OZ

Beauty is contained in each of these perfumed pearls. Pinched and rolled into spheres by hand, then exposed to night-blooming jasmine flowers for six continuous nights. ***A lovely experience of subtle green tea, enveloped in the sweet and honeyed fragrance of jasmine.***

green tea, jasmine scent

 JASMINE PHOENIX PEARLS

\$15/OZ

Grown high in the mountains of China, this high quality green tea is picked from the finest young bushes, carefully steamed, and scented over six times with jasmine flowers. It is a traditional Fujianese welcoming tea that is primarily made for guests. This is truly the finest jasmine pearl tea we have ever tasted. ***Its taste is butter smooth with a delicate sweet note.***

 PEACH SENCHA

\$20/OZ

Prized in Japan for their beauty and spiritual power against misfortune and evil, peaches are a symbol of truth, purity, and longevity. Held every March 3rd, the Peach Festival is known as Hinamatsuri, “Doll’s Day” or “Girls’ Day.” Regarded as a time for families to celebrate their daughters, and pray for their wellbeing and happiness as they grow. This tea is a stunning ***sencha base, with elegant grassy notes, smoothly accentuated by sweet peach, and a slight fragrance of mint.***

Sencha green tea, peach, mint

 PURPLE RAIN

\$5/OZ

Named after a certain song, by a certain artist. If you know, you know! A groovy compilation of bright and tropical fruit, green tea, with the magical quality of turning purple as it brews. The color can range from misty hues to vibrant magentas, and electric purple. You never know what you’ll get, which adds to the mystique! ***Fresh and thirst-quenching green tea, paired with citrus notes, and a hint of watermelon and dragonfruit.***

green tea, apple, purple dragon fruit, lemongrass, butterfly pea blossoms, pomelo, lemon, watermelon



MAGNETIC MATCHA

\$5/OZ

Scarlet *cranberries and sweet pineapple* synthesized with matcha for a vibrant take on a Japanese classic that makes for a happy, caffeinated start to any day. Try it iced, you will not be disappointed!

cranberries, candied pineapple, matcha



SAKURA SENCHA

\$20/OZ

This limited edition Sakura Sencha is a delightful blend of sencha and real Japanese sakura blossoms. In Japan, the celebration of the blooming of cherry blossoms, called “sakura,” marks the end of winter and the coming of the warm weather. *Let’s celebrate the sweet taste and aroma of sakura blooms as they compliment the smooth, rich taste of the sencha.* Anytime you need a reminder of the beauty of springtime, steep yourself a cup.

sencha, cherry blossoms

🍃 *White Tea* 🍃

White teas are the least processed of all teas, most hailing from the Fujian province in China. White teas are picked when young tea buds are tightly enclosed in new leaves. They are then withered to allow the natural moisture to evaporate. This allows the leaves to retain their silky, downy quality. When you first taste white tea, it may seem very light, but after a moment you become aware of the subtle sweetness of the tea on your palette. This tea produces a clear to yellowish liquid, that has a soft, clean, and sweet flavor.

Caffeine: 10-15 milligram per 8 ounce cup

Steep at 175 degree for 2-5 minutes

Resteep up to 3 times

**BASE CAMP****\$8/OZ**

Grown in Nepal on the peaks adjacent to the famous town of Darjeeling in India. This beautiful tea is cultivated at altitudes of 1200 to 2100 feet. After picking, the tea is left overnight to dry in the cool, spring air, and then gently rolled. ***You will experience a smooth and delicate cup, with a bright, fruity finish.*** A unique offering, this white tea provides the smooth, downy character of a Silver Needle, with the crisp finish of a first flush Darjeeling.

**PAI MU TAN****\$7/OZ**

Pai Mu Tan is grown in the province of Fujian, China. A gentle and slow to dry, withering process results in a ***brilliant amber infusion, a honey-like viscosity, and a mild flavor.*** It can be found in blends such as Lavender Rose or Persimmon Peach.

**SILVER NEEDLE****\$10/OZ**

This Bai Hao Yin Zhen is a first flush tea that comes from the Fujian province in China. Grown at up to 3,000 ft. above sea level, contributing to its pure, soft flavor. Silver Needle is a lightly oxidized tea bud, produced in a very long and gradual withering process. ***The infusion is a light honey color, and its taste is smooth and sweet.*** You'll be left feeling clean, refreshed, and hydrated.

**SNOW BUDS****\$8/OZ**

For more than 100 years, this tea (Xua Ya) has been produced in the southeast Chinese mountains at an altitude of about 3300ft. The name comes from the occasional white-colored patches that spot the leaves. Hand-plucked and oxidized for a very short time in order to save its "green tea soul." This is a two leaf and one bud tea that ***creates a champagne color and a mild, fruity taste.*** This is truly a special treat.



WILD TREE

\$10/OZ

These buds come from the base of old growth, wild tea trees that thrive in the Nan Mei Valley in China. This exotic-looking tea is picked, dried, and lightly oxidized in the sun. The buds of the tree are unique and desirable, contrasting the vile nature of the mature leaves. *This low-caffeine tea has a piney, smoky flavor that will be a memorable experience for all who drink it.*



ZOMBA PEARLS

\$15/OZ

We love this tea from the Satemwa Tea Estate in Malawi, East Africa. Satemwa has been cultivating tea plants for nearly 100 years. *These unique, hand-rolled pearls are warm, sweet, and buttery smooth. They finish with bright notes of fresh cucumber and lemon.* Steep this tea at 175 degrees for 5 mins. Resteep up to six times, reducing the infusion time with each steep. Zomba Pearls are both UTZ Certified and Rainforest Alliance Certified.

FLAVORED WHITE TEA

JASMINE SILVER NEEDLE \$15/OZ

This limited edition Spring harvested Silver Needle is from the mountains of Simao China. It was infused with the high-quality scent of Yunnan grown jasmine flowers. ***The delicacy and sweetness of Silver Needle pairs perfectly with the luscious fragrance of jasmine.***

LAVENDER ROSE \$5/OZ

The taste and smell of this tea can bring back the loveliest memories. The aroma is reminiscent of lavender picking with my kids in the hills above Hood River. Every sip is ***sweet, floral and fresh.***

Pai Mu Tan, rose, lavender

MANGO GINGER \$5/OZ

This is our star for ginger lovers! ***The apple and mango add a bit of softness to the sharp ginger bite.***

white tea, ginger, apple, mango cubes, cornflower blossoms

MEADOWLARK MINT \$5/OZ

Cooling peppermint, a bit of scented rosemary, eucalyptus, and spray of colorful rosebuds. This tea will evoke the feeling of wandering through a lush, and fragrant garden on a warm summer's afternoon. ***Minty and herbaceous, with a natural sweetness.*** A little pick-me-up, for days when you feel like you just can't.

peppermint, spearmint, licorice, rosemary, eucalyptus, blackberry leaves, rose, white tea



MOULIN ROUGE

\$7/OZ

A selective revelation, *Silver Needle swathed in the warm embrace of cherry and rose*. The aroma alone can entice the loneliest of hearts and bring forth the inner artist in us all.

Silver Needle, cherry, strawberry, red fruit, hibiscus, red rose petals, rose hips



OREGON SUMMER

\$7/OZ

Composed of white tea with fresh flavors of pineapple and rhubarb, sharpens the mind, like a bright summer day.

white tea, green tea, pineapple, lemongrass, raspberry leaves, morello cherry, sunflower petals, lemon myrtle, rhubarb, strawberry, pear



PERSIMMON PEACH

\$7/OZ

The Latin name of the persimmon “Diospyros” translates to “Fruit of the Gods”. Whatever you choose to call this tomato-shaped fruit, *its sweet and exotic flavor pairs perfectly with its peachy, fruity goodness*.

apple, candied papaya, orange, persimmon, lemongrass, peach, red currants, rose petals, white tea



STUMPTOWN CHAI

\$5/OZ

Perfect for those who seek a chai with a lighter and brighter flavor profile. The kind of companion for long commutes, or in those quiet moments listening to the wind rustling through the trees. *Clean and silky, with citrusy notes, rounded out by a sweet finish of ginger snip cookies*.

ginger, lemongrass, cinnamon, pineapple, coconut, clove, cardamom, apple, red peppercorn, white tea

♪ Pu-erh Tea ♪

These aged and fermented teas are revered throughout Asia for their unique taste and medicinal benefits. Pu-erh can be classified in two ways, depending on how it is processed:

The oldest method creates a Pu-erh that is called “Sheng” (raw). This traditional process involves compressing loose green tea into cakes. These cakes are slowly fermented over a very long period of time, usually from 10 to 50 years. When the cake is at least 30 years old it is considered matured and given the label of “vintage.”

In the 1970s a faster method of processing Pu-erh was invented. This Pu-erh is called “Shou” (cooked or ripe). The process is the same as the Sheng variety, but to speed up the aging process, the tea is exposed to rapid fermentation over 45 to 60 days, and then formed into blocks. This expedited fermentation is done by putting the tea in piles, and kept moist and hot, to encourage beneficial yeasts and molds to grow. Once the fermentation is well underway, the tea is pressed into a variety of shapes. Ripe Pu-erh has more caffeine than Raw Pu-erh.

Caffeine: 30-70 milligrams per 8 ounce cup

Steep at 195-205 degrees for 3-5 minutes

Resteep many times



DRAGON BALLS

\$4/NEST

Autumn 2015 Tea Leaves from the Da Xue Shan (Big Snow Mountain) area in the southwest of Mengku county in Lincang were used to create these balls. ***The tea is picked from old plantation tea trees between 40-60 years old.*** The taste is thick and sweet with a bitter/astringent after-taste that gives the tea a strong dimensional flavor and feeling. Brew with short infusions at first to gradually coax out the flavors.

(not available for tea flight and drinks)



2006 HOUSE PU-ERH

\$10/OZ

This 16 year old Shou puerh has been aged in the loose-leaf form versus a cake. This is a great introduction to pu-erh. It has ***sweet, musty, and woody notes with a smooth lingering aftertaste.***



2008 JING MAI

\$10/OZ

A loose-leaf Shou Pu-erh with medium sized leaves; hailing from the ecological plantations of Lincang, in the Yunnan province. ***This tea produces an oat and mineral taste with a stunning amber color.***



HAIWAN MINI BRICK

\$3/NEST

Vintage 2011 ripe mini brick comes from the Haiwan Tea Factory. Each brick is loosely pressed together so it comes apart easier while it's being steeped, or so it can be broken into smaller pieces. ***The taste is smooth and rich, with a slight vanilla aftertaste.***

(not available for tea flight or drinks)



MENGKU RIPE

\$5/NEST

Roasted in bamboo, then cut into small sections, and individually wrapped. It was wet piled after being harvested in 2016. You can brew it with or without the bamboo. However, the bamboo imparts a unique flavor. Overall, the taste is *very smooth and earthy*.

(not available for tea flight and drinks)



MENGKU RAW

\$5/NEST

This is a Spring 2017 Mengku Raw Pu-erh that has been roasted in bamboo, cut into small sections, and individually wrapped. You can brew it with the bamboo in order to experience a unique flavor that is *sweet, malty, and smooth*. It can steeped at least 5 times.

(not available for tea flight and drinks)



YUNNAN SHOU TOU CHA \$3/NEST

This tea is a great introduction to Pu-erh. These 5 gram nests will make you think of *full-bodied coffee (smooth, smoky, and dark) without the acidity*.

FLAVORED PU-ERH TEA



BLACK WOLF

\$7/OZ

This wolf of a tea is dark, rich, sweet, and fruity. Have we piqued your curiosity? Give it a try with a bit of honey, and the chocolate flavor will make you howl at the moon.

Carob, cocoa nibs, rose hips, pu-erh, blackberry, vanilla, honeybush, peppercorn, elderberry



CLATSOP KIWI

\$5/OZ

With a subtle tanginess, this creation offers a truly fruity, sweet infusion. This blend will thrill you with its *special highlights of kiwi slices, crisp peach, and pu-erh earthiness.*

Apple, candied pineapple, hibiscus, peach, pu-erh, kiwi



COMFORT ZONE

\$7/OZ

Fine, coffee people, we'll meet you halfway! This blend of black tea, pu-erh, and coffee beans will make a morning person out of anybody. *This tea has a great coffee flavor, without the acidity.*

Coffee beans, pu-erh, black tea, cocoa nibs



DANCING DRAGON

\$7/OZ

This creamy cup of tea *reminds us of a decadent slice of cake with its vanilla notes and chocolate richness.* It is good for you too.

Pu-erh, sarsaparilla, roasted yerba mate, honeybush



HARVEST MOON

\$5/OZ

Come a little closer, let's dream the night away on this Harvest Moon. A blended pu-erh that will remind you of all things that Autumn brings. ***Sweet apple and spiced cinnamon are accented by the earthy notes we all love from a pu-erh.*** Level up to a latte by adding some frothed milk.

Pu-erh tea, apple, hibiscus blossoms, rose hip peel, pineapple, cinnamon, sunflower blossoms



JASMINE NEST

\$3/NEST

Our jasmine pu-erh is shaped into a little bird's nest. The jasmine imparts a ***light and sweet floral note to compliment the earthy smoothness of the pu-erh.*** Enjoy the experience of steeping this tea multiple times, for each steeping produces an ever changing flavor profile.



LAVENDER NEST

\$3/NEST

This ripe nest is blended with tiny bits of lavender and premium ripened Yunnan Pu-erh. ***It creates a mellow, earthy flavor with a light fragrant lavender scent.***



ROSE NEST

\$3/NEST

This beauty is created from ripened Yunnan Pu-erh that is blended with bits of rose. ***The rose lends a light and sweet floral note to the earthy pu-erh.*** Enjoy the experience of steeping this tea multiple times for each steeping produces an ever changing profile.

☞ *Herbal Tea* ☞

Herbal teas are not officially “teas” as they do not come from the plant *Camellia Sinensis*. It is a catch-all term used to describe all non-caffeinated beverages made from the infusion of plants, spices, herbs, and fruits that are steeped into delicious drinks, both hot and cold.

Herbal teas have existed as long as written history extends. Modern researchers have found dried peppermint and hibiscus leaves in several Egyptian pyramids, which date back to 1,000 BC. The popularity of herbal teas has increased in the last decade.

Caffeine: None

Steep at 205 degrees for 5 minutes

Resteep 2 times

**A M B I K A ' S T R E E****\$5/OZ**

Ancient religions saw mango trees as a victorious symbol, that they were living an ethical and spiritual life. This blend includes large cubes of **juicy, exotic fruits** that form the base of this perfect path to attainment.

Pineapple, mango, orange, tangerine, safflower, marigold blossoms, strawberry

**A P P L E C O L A D A****\$5/OZ**

Its lively, fresh, and fruity taste is thanks to appetizing **apples and a hint of cream**. The fine **coconut** aroma is the secret of this very delicious tea.

Apple, hibiscus, rosehip, pineapple, coconut

**B L U S H I N G S T R A W B E R R Y****\$5/OZ**

The ultimate flavor combination for a romantic evening getaway, or celebratory occasion! This tea blends traditional **Champagne flavors with luscious strawberries**. Combine this tea with white wine for a refreshing iced beverage.

Apple, papaya, rose, strawberry, pink cornflower blossoms

**C A L I F O R N I A C H R I S T M A S****\$5/OZ**

Jingle all the way down south to a fruitful Christmas treat. Welcome to the party, pal. It is Christmas all year long. This fusion is **refreshingly tender with the tartness of hibiscus**.

Apple, carrot, blackberry leaves, eucalyptus, beetroot, hibiscus, lemongrass, tangerine, orange



CURRENT AFFAIR

\$5/OZ

The combination of *black currant* and a widely appreciated *berry blend*, comes together in this modernized currant affair. You'll be asking yourself, should I drink it hot or cold? Inquiring minds want to know...

Elderberry, grapes, hibiscus, blackberries, raspberries, sour cherries, black currants



JOHN LEMON

\$5/OZ

If all you need is love, John Lemon is all you need. This tea provides endless refreshing drink possibilities year-round. Arnold Palmer! Lavender lemonade! Hot *lemonade*! Mix it with gin! (If you're 21 or older.)

Pineapple, sour apple, lemon, lemon oil, red currants



MOUNTAIN MINT

\$5/OZ

Mountain Mint manages to muster mints of many manners; moreover, *mints mingle merrily* midst mixed miscellaneous marvels.

Peppermint, spearmint, lemongrass, blueberry leaves



OREGON DREAMS

\$5/OZ

The dream of the '90s is alive in this blossom menagerie of cascading petals, apple pieces, and lemon balm. Imagine a giggling romp through an open flower field; spinning and swaying, and then falling onto a soft patch, and letting the breeze lull you to sleep. *Taste is light and floral, accented with hints of mint.* Pairs well with honey.

Apple, silver linden tree blossoms, lemon balm, lavender, rose, sweet blackberry leaves, Orange blossoms, mallow blossoms



PEACH APRICOT

\$5/OZ

Peach Apricot is a treat for any season. It blends well, ices well, and stands well on its own. ***Peach Apricot*** is truly one of our favorites.

Hibiscus, apple, raisins, apricot, pineapple, elderberries, peach, lemon, marigold petals



PINK FLAMINGO

\$5/OZ

The smell is fruity, the taste, DIVINE! These beauties are no longer just Floridian lawn decoration. Let this blend of ***papaya, coconut, and vanilla*** drag you into sweet, summer vibes.

Apple, papaya, carrot, rose, sugar sprinkle flamingos, hibiscus, mango, beetroot, coconut, safflower petals, cornflower petals



RASPBERRY BERET

\$5/OZ

If overcast days never turned you on, this Prince-ly blend of ***berry and hibiscus*** pairs perfectly with a cloudy afternoon. With calories close to nothing, I think, I love it!

Hibiscus, raisins, elderberry, raspberry, strawberry, blueberry



SO FETCH

\$5/OZ

Fetch happened! (*And not just in England.*) This blend of ***pineapple, strawberry, hibiscus, and dragonfruit*** makes a grool summer drink. (*meant to say “cool,” then started to say “great...”*)

Pineapple, apple, purple dragon fruit, hibiscus, strawberry yogurt



STRAWBERRY KIWI

\$5/OZ

A ***refreshing citrusy, strawberry-kiwi*** treat even your kids will love.

Apple, hibiscus, rosehip, kiwi, strawberry



SUNSHINE GLOW

\$5/OZ

“You are my sunshine....!” These citrus fruits work their magic with a **fruity, juicy, and orange sweetness**. Pairs well with lavender blossoms and honey.

Apple, orange, tangerines, marigold blossoms, wild strawberry leaves



TROPICAL SKY

\$5/OZ

If you long for the siren song of summers gone by, this tea will heal your grieving heart. We want you to believe that we can be your Cup of Tea from now on! A refreshing tropical flavor, made for a **perfectly sweetin' tangy tea**.

Pineapple, mango, papaya, apple, lemon, tangerine, gooseberry, safflower, rose, sunflower petals.

☞ *Shrub Tea* ☞

If you are looking for something caffeine free, healthy, and playful, we've got a shrub tea for you! Rooibos is a naturally caffeine free tea, from the Cederberg mountains of South Africa. It is also known as the "red bush" and is harvested manually during summer. It is rich in minerals and antioxidants.

The "cousin" to rooibos is honeybush, which is found in a couple of our shrub tea blends. The name, honeybush, comes from the honey-like smell of the flowers. It tastes similar to rooibos but with a sweeter, more smooth flavor.

Another "shrub" we showcase is Lapacho, which isn't really a shrub. Lapacho is the inner bark from the Pau d' Arco tree, found in Central and South America. It is said to have healing properties, but we just like the taste. If it makes us feel better, then aren't we the lucky ones?

Caffeine: None

Steep at 205 degrees for 5 minutes



APPLE CIDER

\$5/OZ

Tangy apples, sweet pineapple, and spicy-sweet cinnamon? Our Apple Cider warms up like a cozy fireplace in the middle of December. Wrap your hands around your warm mug and relax, this is the best part of the day.

Apple, pineapple, strawberries, black carrot juice, citric acid, red rooibos, vanilla



AZTEC CHAI

\$5/OZ

Tea plus chocolate, plus spice, plus a winter day, you have a perfect union that will warm el alma, las manos, y el corazón. It's a wonderful *chocolatey, spicy, non-caffeinated chai*, perfect for any evening.

Cocoa pieces, rooibos, ginger, chicory root, barley malt, cinnamon, cardamom, black pepper



CANDY CANE LANE

\$5/OZ

Spoil that inner child with a taste of nostalgia! Cold nipping at your cheeks, and dazzling lights twinkling in your eyes; a delight for the senses! Breathe deep and wrap your hands around a mug of piping hot *creamy cocoa, with the taste of candy canes*. Pairs well with cozy snuggling under a blanket, or warming your feet by the fire.

(available December through January)

Rooibos, cocoa, peppermint, candy cane, sprinkles, apple, cinnamon, star anise



CHOCOLATE ORANGE

\$5/OZ

A slightly sweet cup for an afternoon or late night dessert. *The perfect combo of sweet, tart, and nutty notes.*

Rooibos, orange peel, chocolate, orange petals



FOOLISHLY FRUITY

\$5/OZ

Bursting with sweet, juicy, citrus appeal, this *sunny blend of fruit goodness is balanced with sweet honeybush* that will make you want a second steeping.

Apple, pineapple, raisins, carrot, hibiscus, mango, orange, beetroot, strawberry, safflower, rhubarb, raspberries, apricot, honeybush



HONEYED PAPAYA

\$5/OZ

This is a refreshing blend that we can thank the bees for. *The first taste is bright and fruity; the aftertaste is creamy and sweet.*

Green honeybush, papaya, mango, marigold petals, cornflower, rose



HORCHATA

\$5/OZ

In honor of the mexican Horchata drink, we have blended together *cinnamon, roobios, and vanilla*, to create an amazing tribute.

Rooibos, almond pieces, cinnamon rods



LAPACHO ORANGE VANILLA

\$5/OZ

Who doesn't love *orange and vanilla*? This beloved combination is enhanced by the mellow taste of Lapacho tree bark.

Lapacho, orange slices



PARADISE BLISS

\$5/OZ

Some seasons in Oregon are often dark and dreary, leaving much to be desired. Spare the air fare, and look no further for a tropical escape from the mundane! A slice of heaven, ***sweet and bursting with thirst quenching fruit!*** Kick back, and enjoy a punch of flavor that will take your mind to that happy place. Enjoyable hot or cold, and makes for an excellent mixer!

Green honeybush, candied pineapple, orange peels, candied papaya pieces, apricot, peach, rose petals



POMEGRANATE

\$5/OZ

Super grain meets super fruit! This happy combination is destined to become your daily favorite! ***Smooth and slightly nutty rooibos, paired with trendy quinoa flakes and exotic, mildly tart pomegranate;*** forming a natural flavor composition that will cause you to say: "Simply Superb!"

Rooibos tea, quinoa Flakes, pomegranate arils, pomegranate flowers



LEMON TART

\$5/OZ

This lovely green rooibos has a ***classic flavoring of vanilla and lemon.*** The cup has a creamy edge, without a heavy aftertaste.

Apple, lemongrass, green rooibos, orange, vervain, vanilla



ZESTE ÉCLAIR

\$5/OZ

"Zeste" is the name of the game, but at ***the center of this tea's flavor are lemongrass and citrus.*** This is a tea that plays with all parts of your palette.

Rooibos, apple, orange, cinnamon, ginger, cardamom, coconut, pink peppercorn, lemongrass, cornflower, currant

 V A N I L L A

\$ 5 / O Z

Real Bourbon vanilla is not only the queen of all spices, but also an unrivaled classic among flavored teas. The scent which forms after a thorough drying process produces an unmistakably ***woody and sweet*** scent that comes from the superior quality of our vanilla. A complementary pairing with our South African rooibos tea, making for a pure and sweet temptation through and through.

Vanilla, rooibos

♪ *Wellness Tea* ♪

Welcome to our wellness section. We hope to inspire you to style your life around health and wellness with this amazing collection of 20 locally blended teas from Mama-te-a. Sally, the amazing owner, has blended each tea to address many of life's challenges from health concerns to everyday pressures.



CHILL CHILD

\$8/OZ

This one's for the kiddos! Just like adults, life for kids is sometimes busy and stressful, making it hard to *relax*. When the need is *to chill out without becoming drowsy*, this is the tea to try. Mellow in taste and a delightfully healthy alternative to not-so-healthy drinks kids often want.

Skullcap, spearmint, red raspberry leaf, catnip, whole chamomile, butterfly pea flower, orange peel, calendula flower, meadowsweet, stevia leaf

Steeping Temp 175 for 3 mins



ELDERBERRY MIX

\$8/OZ

This elixir is rich in vitamins and traditional *immune boosting* herbs such as elderberries, elderflower, echinacea, and rosehips. Deep, dark, yet bright and spicy in flavor. This delicious blend with its incredible properties can also be reduced down into a concentrate and blended with honey for a syrupy elixir to further help support your body!

Elderberries & flowers, echinacea root & leaf, rosehips, orange peel, sweet cinnamon, hibiscus flower, ginger root

Steeping Temp 185 for 3 mins

Syrup Directions:

Place 1/2 cup blend & 2 cups water into pan. Bring to boil, reduce heat and barely simmer for 45 mins. Let it rest & cool for 1 hour. Strain off liquid to remove herbs, pressing out the goodness,. (Used herbs can be added to plants or compost or add some to cookie or muffin mix!). Add 1 cup of honey to the elderberry liquid & stir together, melt if needed, Pour into a sterile bottle or jar & refrigerate.



HAPPY HIBISCUS

\$8/OZ

This is the tea that will put a skip in your step, without the need for caffeine. Vitamin C packed hibiscus meets sweet and nutty honeybush for immune support. Adaptogen holy basil and a kick of ginger for the digestive tract is the answer for an everyday pick-me-up! Enjoy the ***increase in energy and the positive feelings.***

Hibiscus flowers, honeybush, krishna holy basil, ginger root

Steeping Temp 185-for 3 mins



REALIGN

\$8/OZ

Specifically created to ***strengthen and nourish a woman's body,*** to bring about balance. Red raspberry and nettle leaves are known for their rich nutrients and ability to support uterine health. Pair those with oat tops and oat straw for their dense bioavailable minerals and a host of other herbs, you will be sipping a tea that is known to help balance your hormones. Can be sipped at any age, any time of the month, for up to 4 cups per day.

Red raspberry, nettle leaf, linden leaf & flower, oat tops & oatstraw, lemon balm, maca root, ashwagandha root, rose petals, jasmine flowers, lavender flowers

Steeping Temp 200 for 4 mins



REBALANCE

\$8/OZ

This tea is for those extra taxing days that throw you *off balance*, leaving you feeling *irritable and tense*. Nerve calming nettle, skullcap, chamomile, catnip, and lemon balm will soothe the stress from that hectic day. *Got a tension headache too?* Several of these herbs are also believed to help *bring down blood pressure* that causes tension headaches. Take a deep breath, sip your tea and feel your nerves calming.

Nettle leaf, red raspberry leaf, catnip, skullcap, whole chamomile flowers, passionflower, hibiscus flower

Steeping Temp 175 for 3 mins



REBIRTH

\$8/OZ

Nature provides a tremendous array of nourishing and nutritious herbs to *support your body during pregnancy*, as you build the miracle of a new baby. We have chosen vitamin and mineral rich herbs inspired by a wealth of historical midwifery use and combining modern research for the well being of both Mom and baby being foremost to inspiring this beautiful tea blend. These herbs are considered supportive and safe for both Mom & baby, but always seek the advice of your doctor, nutritionist, or health care provider.

Red Raspberry Leaf, Nettle Leaf, Rose Petals, Dandelion Leaf, Milky Oats, Alfalfa, Oat Straw, Whole Chamomile Flowers, Licorice Root, Nettle Root

Steeping Temp 175 for 2 mins



RECOVER

\$8/OZ

This is the first tea Mama-te-a created, blended with love to help her daughter recover from breast cancer and the depleting effects of chemotherapy. So if you're feeling ill, this is the tea to **help you feel better**. This blend has rejuvenating linden and chamomile, the adrenal supporting holy basil and ginger with lemon balm and fennel, known for their antimicrobial and stomach soothing properties. Here's to hoping you feel better soon!

Fennel seed, linden leaf & flower, vana holy basil, rama holy basil, krishna holy basil, lemon balm, echinacea, ginger root, chamomile flowers, licorice root

Steeping Temp 175 for 3 mins



RECOAT

\$8/OZ

When you need a **soothing blend for your throat**, Recoat can relieve minor irritation and discomfort. Blended with aromatic traditional blends, known for their throat benefits, such as Slippery Elm, Marshmallow and Licorice. It is best to steep this tea for more than 5 minutes to get a strong medical benefit.

Licorice root, marshmallow root, ginger root, slippery elm, cloves, cinnamon, peppermint, sage, chamomile

Steeping Temp 205 for 5 mins



REFOCUS

\$8/OZ

Can't seem to focus? Having a hard time paying attention? Allow this combination of herbs to aid in creating **clarity, calm, and mind focus**. This mellow blend taps into centuries of knowledge to bring your mind to attention. Gotu kola and ginkgo for overall brain wellness, combined with ginseng, tulsi, and several other herbs to help an overstimulated and distracted mind refocus. (Not recommended if pregnant).

Gotu kola, ginkgo leaf, siberian ginseng, rosemary, krishna & rama tulsi, holy basil, lemon balm, skullcap, spearmint

Steeping Temp 185 for 3 mins



REJOICE

\$8/OZ

Blended to shine a little light and **bring joyful feelings**. Packed with herbs that evoke a sense of happiness. In Chinese medicine, Sweet Osmanthus Flower is used to help circulation, detoxify and even improve hoarseness—we want you to have a clear happy voice in the world!

Sweet osmanthus flower, milky oats, damiana leaf, cacao nibs, cinnamon, peppermint leaf, spearmint, licorice root, cloves

Steeping Temp 175 for 3 mins



RELAX

\$8/OZ

Can't seem to *calm down*? Soothe a frazzled mind and body with a delicious cup of Relax. Let the skullcap and catnip calm your tension while hops, peppermint and red raspberry leaf exude calmness and lessen anxiety. Hibiscus flower is believed to aid lower blood pressure. Lastly, Osmanthus flower is said to relieve the body from fatigue, so you can relax without feeling sedated. This is the adult version of Chill Child.

Skullcap, catnip, lemon balm, hops, peppermint, red raspberry leaf, hibiscus flower, red osmanthus flower, butterfly pea flower

Steeping Temp 185 for 3 mins



RELIEF

\$8/OZ

Suffering from *allergies*? Look no further! A combination of 9 plants, provide a soothing reprieve from the many unpleasant symptoms that allergies can create. Nettles for their antihistamine effects against sneezing and sniffles, and eyebright to combat eye irritation. Elderberries and Red Clover give your respiratory system a much welcome calm. Drink daily for the best results and consistent benefits. Moringa is a natural antihistamine.

Nettle leaf & root, elderflower & berries, eyebright, red clover, marshmallow, anise seed, ashwagandha, ginkgo, moringa leaf

Steeping Temp 185 for 3 mins



REMTIME

\$8/OZ

REMTIME is a masterful combination that relaxes the mind and body, in order to calm you down and provide ***insomnia fighting*** elements so you can get the sleep you need.

Nightly use is believed to build up an ability to fall asleep faster and sleep deeper. Valerian has been known to cause dreaming in some people more than others, so until you know the right amount, start with one, then if desired, 2 cups about an hour before bedtime.

Valerian Root, Linden Leaf & Flower, Lemon Balm, Lavender, Whole Chamomile Flowers, Peppermint, Hops, Ashwagandha Root, Passion Flower, Ground Butterfly Pea, Nutmeg

Steeping Temp 185 for 4 mins



REMEMBER

\$8/OZ

Remember is packed with incredible ***cognitive support herbs, encouraging focus, memory, learning, clarity, and mindful agility***. This delicious combination was inspired by the days we feel foggy and have a sluggish mind.

Gotu Kola has long been used in India to bring about agility to the mind. South African Green Rooibos helps with its high anti-oxidant properties. 2 Holy Basils (Tulsi) bring peace of mind and rejuvenation. Sage and Rosemary have been used to enhance mindfulness since ancient times.

Today we are constantly learning and this unique combination, particularly used daily, is created with the performance of your mind in mind!

Rosemary, Gotu Kola, Rama Holy Basil, Licorice Root, Krishna Holy Basil, Sage, Spearmint, Green Rooibos, Ginseng Root, Cardamom

Steeping Temp 175 for 3 mins



RENDEZVOUS

\$8/OZ

A multiplex blend that **calms the nervous system, reduces stress and gently encourages the libido**. Experience a balance between energy and relaxation, stimulation and calm, mellow with a flirty touch of spice. All the hallmarks inspired by elements of a great rendezvous!

Damiana leaf, milky oats, shatavari root, muira puama bark, Siberian ginseng, peppermint, red rose petals, fennel seeds, ginger, cacao, ginkgo, vanilla bean powder

Steeping Temp 175 for 3 mins



RENEWAL

\$8/OZ

This tea is a combination of 5 amazing plants that we nicknamed the **Fountain of Youth** tea. The nettle, known for centuries as an incredible medicinal herb, is believed to have anti-inflammatory properties, mild relief of **aches and pains**, plus helps with allergies, cell renewal and overall well being. The Butterfly Pea flower contains potent antioxidants, believed to protect against free radicals and boost the appearance of bright skin, hair and nails. Gotu Kola helps clarify and boost the mind, along with the added cleansing and healing properties of licorice and ginger roots. Take a splash.

Butterfly pea flowers, nettle leaves, gotu kola, licorice root, ginger root

Steeping Temp 195 for 4 mins

**RESETTLE****\$8/OZ**

Tummy troubles be gone! A combination of 10 powerful herbs whose properties are used to **calm the stomach and help promote digesting benefits**. Wood betony, Oregon grape, parsley and fennel to quell gut stress and inflammation; while yarrow, skullcap, and uva ursi relieves GI and muscle discomfort. Mild in taste, but mighty against the pain and fullness that accompanies bloating.

parsley, calendula flower, peppermint, wood betony, Oregon grape, yarrow, scullcap, uva ursi, mugwort, fennel seed

Steeping Temp 195 for 4 mins

**RESHAPE****\$8/OZ**

This tea is intended to aid **weight management**. This unique blend uses herbs believed to **help boost your metabolism and the processing of toxins**. It also has a secret weapon, an herb called Gymnema Sylvestre which is said to fight sugar cravings by blocking the taste of sugar and reducing the sweet message to the brain!

Gymnema, green rooibos, rosehip, hibiscus, lemon verbena, milk thistle, ashwagandha

Steeping Temp 185 for 3 mins



RESILIENCE

\$8/OZ

Feel like you need *whole body support* for how hard you make your body work? This mineral and nutritive rich tea is blended with a collection of restorative herbs for muscular, digestive, nervous, and reproductive systems, along with properties believed to support your kidneys. Make this tea your daily cup if you are a busy bee!

Red raspberry leaf, red rooibos, nettle leaf, peppermint leaf, spearmint leaf, fennel seed, red rose petal

Steeping Temp 195 for 4 mins



REVITALIZE

\$8/OZ

This is your do over tea! A gentle *detoxing* tea with a whole lot of extra benefits. This tea helps cleanse the liver and kidneys and encourages beneficial gut flora to prosper. Plus with the help of four excellent root herbs, the tea is rich in vitamins and minerals. So when you have done too much living the good life or like to make a practice of cleaning the body, this tea is for you.

Nettle leaf, dandelion root, burdock root, nettle root, licorice root, ground butterfly pea flower

Steeping Temp 185 for 3 mins

FAN FAVORITES 2019-2022



AYURVEDIC - MEDIC

\$5/OZ

Earthy nutmeg flowers (also known as mace) with the spice of ginger, resulting in a rich ayurvedic elixir for **promoting health and wellness**.

Ginger, liquorice root, cinnamon pieces, lemongrass, cardamom, turmeric, mace



CHEMICAL X

\$5/OZ

This tea is a traditional Ayurvedic blend to **support women**. The spicy ginger scent and fresh orange are rounded out by pleasant notes of fennel and cinnamon.

Orange peel, cinnamon, fennel, liquorice root, cardamom, ginger, juniper berries, angelica roots, dandelion roots, cloves, peppercorn

Steeping Temp 205 for 3 mins



SHAVASANA

\$5/OZ

According to Ayurvedic teachings, this blend is **relaxing and balancing**. It has a sweet, soft taste with delicate floral accents that invite you into a place where you can let go of the day, and welcome the quietness.

Liquorice root, cinnamon, cardamom, coriander, fennel, ginger, rose

☾ WINTER SOLSTICE \$5/OZ

Winter solstice, also called midwinter or Yuletide, symbolizes hope: it marks the longest night of the year after which the days slowly become longer! This tea is a dazzling array of robust ingredients that celebrate the winter season with **antioxidant rich** cranberry and pomegranate, which are proclaimed to help **reduce inflammation**. You can even drink this celebratory tea at bedtime with the aid of silver linden blossom's **relaxing** traits. We are certain that the warm flavors of caramelized pomegranate combined with wintry spices will keep your spirits up.

Steeping Temp 205 for 3 mins

Apple, orange peel, hibiscus, blackberry leaves, almonds, carrot shreds, star aniseed, cinnamon, silver linden blossoms, cranberry, pomegranate arils, peony petals.

🌿 Botanicals 🌿

This group is meant to be combined with tea, in order to enhance the flavor or introduce medicinal benefits. Combine Botanicals together with the tea of your choice to create a unique tea that's perfect for you. If you have any additional questions about Botanicals, feel free to ask.

Caffeine: all botanicals are caffeine free except Yerba Mate

Steep at 205 for 5 mins

Resteep 2 times



ASTRAGALUS

\$5/OZ

A perennial plant, native to Northern and Eastern parts of China, as well as Mongolia and Korea. It has hairy stems, with leaves made up of 12 to 19 pairs of leaflets, but it is the roots that are used medicinally. A classical Chinese text called Shen Nong Ben Cao Jin, written around 200 AD, contains the first known mention of the herb. It was used to “invigorate vital energy”, and strengthen the body’s resistance to disease. We love this root for its adaptogen qualities.

May help with: adaptogen, adrenal fatigue, heart health, immune modulating



BLACK PEPPER

\$5/OZ

This is one of the most commonly used spices worldwide. The mildly spicy flavor is typically found in chai tea. It is high in antioxidants.

May help with: inflammation, aids in nutrient absorption



BUTTERFLY PEA FLOWERS \$8/OZ

This magical botanical is made from ternatea flowers and can turn liquid a vibrant purple when mixed with something acidic. You can also use the liquid as a natural food coloring. This flower is often described as tasting like green tea.

May help with: pain relief, depression, anxiety, cognitive function

 **CALENDULA FLOWERS** \$5/OZ

Most people are familiar with calendula as marigold flowers. The marigold has adorned our flower beds, but there is more to this cheery flower. Found all over the world, this flower has a complex flavor, a slight bitterness, and a hint of spiciness.

May help with: sore throats, anti-inflammatory, digestion

 **CARDAMOM PODS** \$8/OZ

Cardamom is one of the world's most ancient spices. It grows wild in the forests of the Western Ghats, located in Southern India. Many varieties of tea use this for its spicy, sweet, and floral nuance. It contests to be one of the most expensive spices in the world. You can steep the pod whole or grind first for a stronger flavor.

May help with: digestion, respiratory issues, eases menstruation, detoxifies the body by stimulating the liver

 **CHAMOMILE FLOWERS** \$5/OZ

This daisy-like flower has been brewed since the Neolithic Age. It is a relative of ragweed, meaning some with allergies to ragweed or the daisy family may have an allergic response to chamomile. The flavor profile is often described as smelling and tasting like crisp apples.

May help with: relaxation, inflammation, digestive system



CHICORY

\$5/OZ

Chicory is a plant from the dandelion family that is often used as a coffee substitute. One of its popular uses is in a chai tea for its warm, nutty flavor.

May help with digestion, inflammation, constipation, upset stomach, caffeine-free alternative to coffee



CINNAMON STICKS

\$5/OZ

This spice is obtained from the inner bark of a tropical tree native to Sri Lanka. Its sweet, woody flavor is used in traditional chai teas.

May help with: bacterial and fungal infections, insect repellent



CLOVES

\$5/OZ

Clove is a spice made from the flower buds of an evergreen tree called *Syzygium Aromaticum*. Cloves can be used whole or ground as a tea. It can be found in most chai blends. This spice has a very strong pungent flavor and aroma. They are added to tea blends on the spicy index.

May help with: high in antioxidants, antimicrobial properties, regulates blood sugar



COCOA NIBS

\$5/OZ

Cocoa nibs are small pieces of crushed cacao bean, which is the base of chocolate. Cocoa nibs contain a significant amount of fiber (about 9 grams per ounce) as well as magnesium, potassium and more calcium than cow's milk. Lastly, it's a plant based source of iron.

May help with: antioxidants, anti-inflammatory, mood enhancing



DANDELION ROOT

\$5/OZ

Dandelion has been used for thousands of years in traditional Chinese and Native American Medicine. It has a warm, earthy coffee-like taste without the acidity.

May help with: digestion, menopause, diuretic, antioxidants



ECHINACEA

\$5/OZ

Echinacea is a flowering perennial plant from the daisy family. People around the world turn to echinacea as a preventative remedy and treatment for colds. Pure echinacea tea has a very strong flavor of toasted vegetal sweetness which increases the longer you steep it.

May help with: flu infections, allergy symptoms, treating/preventing colds



ELDERBERRY

\$5/OZ

This dark purple berry from Europe (often called sambucus) makes quite a tart tea! You can cook the berries to make juice, jam, and even wine. It is high in vitamin C, fiber, and antioxidants.

May help with: cold and flu, heart health, inflammation and infections



GINGER ROOT

\$5/OZ

Ginger root is native to Asia. It is a flowering plant whose rhizome produces a spicy, pungent and aromatic flavor. Ginger can be found in many types of chai teas.

May help with: nausea, muscle pain, anti-inflammatory, digestion, menstrual pain



GINKGO

\$5/OZ

Ginkgo is one of the oldest used traditional medicines in the world. It is the only surviving member of an ancient order of plants; it is sometimes referred to as a living fossil. Ginkgo is often known as “maidenhair” and has a woody smell with a herbaceous flavor.

May help with: anxiety, cognitive function, memory, high in antioxidants, protection against cell damage



HIBISCUS FLOWERS

\$5/OZ

Historically, hibiscus has been used in African countries for a variety of health concerns. The red blossoms have a fresh and tangy sour taste. Some even call hibiscus tea “sour tea.”

May help with: immune system, nausea, hormone balancing, blood pressure



HOLY BASIL

\$5/OZ

This green leafy plant is known in the Hindi language as tulsi. It is quite possibly the most revered medicinal herb on the planet. Native to India, its popularly used as an adaptogen in Ayurvedic Medicine. The flavor is sweet with a peppery bite.

May help with: abates stress, immune system, liver cleansing, anti-inflammatory



HONEYBUSH

\$5/OZ

Honeybush is a South African “cousin” to rooibos. The flowers from the honeybush shrub have a honey-like smell which gives the plant and the tea its sweet name. It tastes similar to rooibos, yet a bit sweeter with a smooth, roasted flavor.

May help with: coughs, lessen menopausal symptoms



LAVENDER FLOWERS

\$5/OZ

This botanical comes from a genus belonging to the mint family and the latin root of its name is lavare meaning ‘to wash’. Lavender has a distinctive flavor with a hint of rosemary and mint. It has a high concentration of calcium, iron and vitamin A.

May help with: relaxation, digestion, inflammation, detox



LEMON BALM

\$5/OZ

Lemon balm is a perennial herbaceous plant that comes from the mint family, and is native to Southern Europe. Its use dates back to the 14th century when Carmelite nuns used it to make an alcoholic tonic popularly known as Carmelite water. It has a mild lemon scent and flavor.

May help with: sleep, anxiety, depression, cognitive function, nausea



LEMONGRASS

\$5/OZ

Lemongrass is used as a culinary herb in many parts of the world. Stems from the lemongrass are chopped into small pieces for brewing. The taste is a mix between lemon and lime.

May help with: improves digestion, boosts metabolism, reduces inflammation, soothes menstrual cramps, reduces negative moods



LICORICE ROOT

\$5/OZ

Licorice root is often referred to as “sweet root” from the plant called *Glycyrrhiza glabra*. The early Egyptians loved licorice root; they used it in tea as a cure-all concoction. It was later imported to China where it became an important herb in Chinese medicinal tradition. There is a slight bitterness, in taste, along with a sweetness, that is similar to anise and fennel.

May help with: used to soothe gastrointestinal problems by speeding the repair of the stomach lining, for respiratory and adrenal gland health



MARSHMALLOW ROOT

\$5/OZ

This perennial legume is native to southern Europe and several areas of Asia. It has been used in medicine since the time of the Ancient Egyptians. It is naturally sweet, which factors into a few of its health benefits. It is 30-50 times sweeter than sugar.

May help with: ulcers, respiratory system, immune-boosting



MOUNTAIN BLUEBERRY

LEAVES

\$5/OZ

This specialty, from the Georgia region, is hand rolled in a very similar way to wiry tea. The flavor has a mild, spicy and sweet taste.

May help with: anti-inflammatory, memory, high in flavonoids, supports the urinary tract



OATSTRAW

\$5/OZ

This is a species of cereal grass known for its highly nutritious seeds. While its mature seeds are the oats you buy, oatstraw is the stems and leaves harvested when the grass is still green. It produces a soft honey taste.

May help with: may improve blood flow to the heart by increased production of nitric oxide, reduce chronic inflammation, boost brain function, improve mood



PEPPERMINT

\$5/OZ

Peppermint has been found by archaeologists in the Egyptian pyramids dating back to 1000 BCE. It is a wild-growing plant with a pure, refreshing menthol flavor.

May help with: headache, soothes the respiratory tract, digestion, boosts immunity



PINK PEPPER

\$5/OZ

This dried berry comes from the Brazilian peppertree and is used in chai tea to add a light, citrusy, pepper flavor.

May help with: respiratory conditions, anti-inflammatory, antioxidant



R A S P B E R R Y L E A F

\$5/OZ

This herb comes from the leaves of the raspberry plant known as “*Rubus Idaeus*.” It is a good source of vitamins and minerals. Some say it tastes like a black tea, but without the caffeine.

May help with: digestion, immunity, hormone balancing, inflammation



R E D C L O V E R

\$5/OZ

A wild plant belonging to the legume family, whose flowers and leaves have been used for medicinal purposes all around the world. Various Native American cultures ate the leaves as food, and used the plant for sore eyes, cough, fevers, and menopause, as well as a salve for burns. In traditional Chinese medicine, an infusion of the flowers can be taken internally as an expectorant; while in Russia, another infusion is used as treatment for bronchial asthma. In Europe, it’s considered an aid for liver and digestive ailments.

Scientific tests have shown that red clover contains isoflavones, plant-based chemicals that produce estrogen-like effects in the body.

May help with: reduces menstrual pain, hot flashes, blood pressure, promotes good digestion



R O O I B O S

\$5/OZ

Sometimes called “red tea” from South Africa, rooibos is actually a shrub that is fermented and dried, giving it a naturally sweet and nutty taste.

May help with: alleviates headaches, seasonal allergies, lessens stomach cramps, immune system



ROSE BUDS

\$5/OZ

Containing high concentrations of vitamin C, the rose family includes over 130 unique species. All roses are edible and can be used in tea. Some varieties are sweet while others are more bitter.

May help with: menstrual pain, immune system, sedative, antibacterial, gastrointestinal infections



ROSE HIPS PEELS

\$5/OZ

Rosehips, fruit of the rose plant, are dried in a wood-burning stove until they are perfect for blending. This gives them a tangy taste, similar to that of a hibiscus flower.

May help with: antioxidants, gastrointestinal health, inflammation



SARSAPARILLA

\$5/OZ

Sarsaparilla is a tropical plant from the genus *Silax* and a member of the lily family. The climbing woody vine grows deep in the canopy of the rainforest. Once a popular tonic, sarsaparilla is now used to flavor and mask the taste of medicines.

May help with: inflammation, immunity, detox, digestion, kidney health



T H Y M E

\$5/OZ

Boasting a myriad of uses, Thyme has been consumed and applied medicinally pre-dating the classical period. Romans would sprinkle it on the floor to ward off venomous pests, and Egyptians included it in their mummification process. These days, most would recognize it as a staple in their spice collection, but there's more than just flavor to be appreciated in this little herb. It is a wonderful way to elevate stomach issues. Sharp in flavor, with some peppery, sweet, and floral notes..

May help with: promotion of good digestion, gas reducing, bloating relief, antimicrobial



S A G E

\$5/OZ

In many native cultures, the burning of sage in the act of “smudging” is meant to purify or bless the air, a particular space, or one’s self. The leaves are a downy green-ish gray, with a taste that is savory-yet- sweet, with a mild earthiness. Sage is high in vitamin K, and it also contains vital minerals like magnesium, zinc and copper. Often used for digestive problems.

May help with: anti-inflammatory, antimicrobial, gas and nausea relief, promotes good digestion and heartburn relief. (Avoid during breastfeeding due to drying effects)



S P E A R M I N T

\$5/OZ

The name spearmint derives from the shape of its leaves. It is different from peppermint because it has no menthol nuances.

May help with: boosts the immune system, nausea, balances hormone levels



STAR ANISE

\$5/OZ

This beautiful star-shaped pod has an exotic flavor, similar to warm cloves. It is a primary ingredient in chai tea.

May help with: inflammation, antiviral, antifungal, high in antioxidants



ST. JOHN'S WORT

\$5/OZ

This small flowering plant grows wild all over the world. The taste is slightly sweet, bitter, and astringent.

May help with: depression, improves mood, protects against infections, reduces inflammation



STINGING NETTLE

\$5/OZ

Stinging nettle grows abundantly throughout North America and temperate regions across the Northern Hemisphere. The stems and foliage are covered with brittle, needle-like hairs, called trichomes. Nettles have been used worldwide for centuries. It has been eaten as a wild plant, drunk as a herbal tea, and used for its fibers by being woven into clothing. When steeped, the flavor is earthy and sweet like seaweed.

May help with: depression, improves mood, infections, inflammation, seasonal allergies, supports a healthy urinary function, flushes away toxins, treats pain from arthritis



TURMERIC

\$5/OZ

Turmeric is a popular spice made from the rhizome of the *Curcuma Longa* plant. It has been used for thousands of years in Indian Ayurvedic and Chinese medicine. It has an earthy, bitter flavor with a hint of peppery spice.

May help with: anti-inflammatory, boosts immune function, aids in digestion

 **WILD CHERRY BARK** **\$5/OZ**

Found on the outer border surrounding a forest, Sweet Cherry or Wild Cherry has been used for medicinal benefits from time immemorial. Ayurvedic practitioners use its astringent properties as a blood and GI tonic. Good for coughs, colds, and sore throats. It has long been recorded that they used the bark as a GI tonic, treatment for diarrhea, and applied topically to stop bleeding. In fact, a twig tea made of Wild Cherry was administered to treat Merriwether Lewis' gastrointestinal illness, during his famous expedition through the West.

May help with: reduced inflammation, cough suppressant, digestive aide, mucus clearing

 **YERBA MATE** **\$5/OZ**

Yerba mate is a well-known beverage consumed by people all over South America. It comes from the *Ilex paraguariensis* tree and has a bitter flavor due to the high tannin content.

May help with: reduces the risk of cardiovascular diseases, weight loss, antimicrobial and anti-inflammatory properties



Not sure what to drink? Ask about our Tea Flights