

# CULTURED Coffee & Tea

@ City Square

A Cultured Coffee & Tea Franchise

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## Health Benefits of Tea

Studies that support the health benefits of tea drinking keep filling the headlines. There's simply no denying that a daily spot of tea does the body good.

Tea contains high levels of antioxidants, some of which are called polyphenols, flavonoids, and catechins, and all of which take on the "free radicals" in the body and prevent them from harming the healthy cells on board. In other words, sending in antioxidants is disease prevention in its finest form. Antioxidants are ready and waiting not only in teas but also in several fruits, vegetables, nuts, meats, and even wines.

If that were not enough, tea also contains fluoride which benefits your teeth and has bacteria killing properties which helps control bad breath and the formation of plaque.

## A History of Tea

### The Tea Story:

**2737 B.C.** The second emperor of China, Shen Nung, discovers tea when tea leaves blow into his cup of hot water or so the story goes.

**350 A.D.** A Chinese dictionary cites tea for the first time as Erh Ya.

**479** Turkish traders bargain for tea on the border of Mongolia.

**593** Buddhism and Tea journey from China to Japan. Japanese priests studying in China carried tea seeds and leaves back.

**618-907 T'ang Dynasty** Tea becomes a popular drink in China for both its flavor and medicinal qualities.

**960-1280 Sung Dynasty** Chinese tea drinking is on the rise, as are elegant teahouses and teacups carefully crafted from porcelain and pottery.

- Drinking powdered and frothed tea or tea scented with flowers is widespread in China while earlier flavorings fall by the wayside.

- Zen Buddhism catches on in Japan via China and along come tea-drinking temple rituals.

**1191** Japanese Buddhist abbot Eisai, who introduced Zen Buddhism to Japan, brings tea seeds from China and plants them around his Kyoto temple.

**1211** Japanese Buddhist abbot Eisai writes the first Japanese tea book Kitcha-Yojoki (Book of Tea Sanitation).

**1368-1644 Ming Dynasty** At the fall of the Mongol take over, all teas — green, black, and oolong — is easily found in China. The process of steeping whole tea leaves in cups or teapots becomes popular.

**1422-1502** The Japanese tea ceremony emerges onto the scene. First created by a Zen priest named Murata Shuko, the ceremony is called Cha-no-yu, literally meaning "hot water tea" and celebrates the mundane aspects of everyday life. Tea's status elevates to an art form and almost a religion.

**1589** Europeans learn about tea when a Venetian author credits the lengthy lives of Asians to their tea drinking.

**1597** Tea is mentioned for the first time in an English translation of Dutch navigator Jan Hugo van Linschooten's travels, in which he refers to tea as chaa.

**Late 1600s** Russia and China sign a treaty that brings the tea trade across Mongolia and Siberia.

**18th Century** The controversy over tea continues in England and Scotland where opponents claim it's overpriced, harmful to one's health, and may even lead to moral decay.

**1765** Tea easily ranks as the most popular beverage in the American colonies.

**1767** The Townshend Revenue Act passes British Parliament, imposing duty on tea and other goods imported into the British American colonies.

- A town meeting is held in Boston to protest the Townshend Revenue Act, which leads to an American boycott of British imports and a smuggling in of Dutch teas.

**1773** In protest of British tea taxes and in what becomes known as the Boston Tea Party, colonists disguised as Native Americans board East India Company ships and unload hundreds of chests of tea into the harbor.

Such "tea parties" are repeated in Philadelphia, New York, Maine, North Carolina, and Maryland through 1774.

**1774** A furious British Parliament passes the Coercive Acts in response to the American "tea party" rebellions.

- King George III agrees to the Boston Port Bill, which closes the Boston Harbor until the East India Company is reimbursed for its tea.

**1775** After several British attempts to end the taxation protests, the American Revolution begins.

**1835** The East India Company starts the first tea plantations in Assam, India.

**1840s and 50s** The first tea plants, imports from China and India, are cultivated on a trial basis in Sri Lanka (Ceylon).

Anna the Duchess of Bedford introduces afternoon tea, which becomes a lasting English ritual.

American clipper ships speed up tea transports to America and Europe.

**1870** Twinings of England begins to blend tea for uniformity.

**Late 1800s** Thomas Lipton buys tea estates in Ceylon, in order to sell tea at a reasonable price at his growing chain of 300 grocery stores.

Thomas Johnstone Lipton opens his first shop in Glasgow, using American merchandising methods he learned working in the grocery section of a New York department store.

Assam tea plants take over imported Chinese plants in India and its tea market booms.

- Ceylon's successful coffee market turns into a successful tea market.

**1908** New York tea importer Thomas Sullivan inadvertently invents tea bags when he sends tea to clients in small silk bags, and they mistakenly steep the bags whole.

**1909** Thomas Lipton begins blending and packaging his tea in New York.

**1910** Sumatra, Indonesia becomes a cultivator and exporter of tea followed by Kenya and parts of Africa.

## CULTURED COFFEE & TEA CURRENT TEA OFFERINGS:

50g. 100g.

### Green Tea:

*Sencha	\$20.95	\$38.75
*Genmaicha Maccha-iri	\$10.50	\$19.00
*Gyokuro	\$24.95	\$48.00
*Ceremonial Maccha(40g)	\$28.00	
*Hojicha	\$ 9.25	\$16.50
*Jasmine	\$7.50	\$13.00
Dragon Well(Lung Chin)	\$11.00	\$20.00
Mao Peony (White Tea)	\$10.00	\$22.00

### Black Tea:

Breakfast Blend	\$4.95	\$ 8.00
Darjeeling	\$6.95	\$12.00
Orange Pekoe	\$8.95	\$16.00
Orange Pekoe Decaf	\$8.00	\$14.00
Assam FTGFOP <small>Margarets Hope</small>	\$9.00	\$16.00

### Herbal Tea:

Chamomile	\$6.00	\$10.00
Peppermint	\$7.75	\$13.50
Green Matte	\$4.50	\$ 7.00
*Rooibos	\$5.25	\$ 8.50
Chai Massai Rooibos	\$5.25	\$ 8.50

### Flavoured Tea:

Earl Grey	\$5.25	\$ 8.50
Chai Marsala	\$6.00	\$10.00
Strawberry Dream	\$6.00	\$10.00



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**Exclusive Plantation Tea's & there Availabilities**

Pricing may change without notice!

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[www.culturedcoffeeandtea.com](http://www.culturedcoffeeandtea.com)

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