



Tea: History, Terroirs, Varieties

Kevin Gascoyne, Francois Marchand, Jasmin Desharnais

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An illustrated guide to the world's teas.

Tea is second only to water as the most-consumed beverage in the world. When recent studies revealed green tea's health benefits, North American consumption skyrocketed.

Tea is a comprehensive guide to non-herbal tea, the plant *Camellia sinensis*. Concise and authoritative text and an abundance of color photographs take the reader on an escorted tour of the world's tea-growing countries: China, Japan, Taiwan, India, Sri Lanka, Nepal, Vietnam and East Africa. Like a fine wine, it is the "terroir" -- a region's soil and climate -- that imparts unique characteristics to a tea.

The book covers black, green, white, yellow, oolong, pu'er, perfumed, aromatic and smoked teas. Topics include:

- An overview of the history of tea
- Tea varieties
- The worldwide export of tea
- How tea is processed
- Signature tea cultivars
- The art of making, serving and tasting tea, including tea ceremonies
- Tea in cooking, with 15 recipes from gourmet chefs
- A directory of teas.

A set of detailed charts, tables and graphs shows the caffeine, antioxidant and other biochemical properties of 35 teas.

Tea aficionados go on organized tours of tea-growing regions, enroll in tasting seminars and earn professional certificates. For them and for the interested reader who enjoys the occasional cup, *Tea* is a beautifully presented homage to the world's most beloved hot beverage.

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