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The best rule about tea is that there are no rules. The tea is very versatile and everyone can find their favorite tea for any time of the day. In general, it can be said that black tea is the strongest in terms of flavor, color and caffeine content, followed by Pu Erh, Oolong tea and green and white teas. To get the best out of tea, the right brewing technique is crucial (see How to prepare the perfect cup of Tea). For simplicity, we divide potential tea drinkers into four groups 1. Complete beginner 2. Tea drinker who wants to know more about the different teas 3. Coffee drinker 4. Health Conscious Tea Drinker Group 1 If you are new to the world of tea the best thing to do is to try each type of tea to find out which one attracts you the most. You can help try a fragrant tea first and move on from there. Here are some suggestions on which teas to try: Black Assam (an example of strong red color and copper), Black darjeeling (a more delicate and light tea), Wild Cherry (fragrant black tea with cherry pieces) Green Mao Feng (typical Chinese green tea, easy to drink) Green Sencha (different flavors, from Japan) Green Spring (fragrant green tea with strawberry and red currant). To make it easier for you, we put all these teas in the Beginner package, including a tea net (Euro 12.50). Group 2 You already drink tea and it's probably black tea. Since Irish teas consist mainly of African and/or Indian blends, their palate is used for strong beers. To enjoy lighter, fragrant teas, we recommend that you explore the differences between the black teas first before moving on to the Oolongs and green teas. We recommend the following teas: Ceylon OP St. James (Ceylon Nuwara Eliya is even more of higher quality but more expensive) Darjeeling Singtom BOP or Kalej Valley (other Darjeelings are suitable too) China Keemun (completely different from the two above, but strong and aromatic) Any Chinese green tea (depending on your budget) Jasmine Superior or a green tea flavored of your taste Oolong Orange Blossom (flavored and highly oxidized) or Flower Oolong Kwai (with osmanthus petals, a little expensive, but worth it). Try to detect differences in smell, color and taste. Give the palate a chance and stay away from strong teas (especially tea bags) for a while. It's like having lots of salty food that will dominate any other seasoning. When you go back to your old favorites do you notice the difference? Group 3 You haven't liked tea very much in the past, but you want/need to replace coffee with something healthier. Start with black teas. Assam, Nilgiri, Ceylon or China Keemun (Golden Monkey even better) or any Pu Erh tea are particularly recommended. They're strong and aromatic, a bit like coffee. If you like what you are drinking, you can for more delicate teas like Darjeelings, green or white. Group 4 4 was first used as a medicine before becoming a drink. It contains vitamins (especially green tea), minerals, essential oils and a group of chemicals called polyphenols. They are responsible for the many health benefits of tea. Please take a look at the Tea and Health chapter for more information. We suggest three to five cups of green or white tea daily. Which tea in particular depends on your preferences and budget. Jasmine tea is easy to drink and ideal after a rich meal. For a white tea Pai Mu Tan or the White Grapefruit are very suitable. Pu Erh and Oolong teas are known to be the best for lowering 'bad' cholesterol and having slimming properties. It's a myth that black teas do nothing for your health. It contains no more vitamin C, but high amounts of antioxidants. Please be aware that the tea contains caffeine. An alternative would be Rooibos tea, which has plenty of vitamin C but no caffeine. What makes your shopping 100% fruitful? Are you buying tea for the puppet book for yourself? Is it time to pick the best piece? The answer is yes. We know that. We went through the whole research process. And why did we do that? We list the best rated tea for the doll book trend in 2020. We are here to help you answer not all but many questions that would come to your mind before buying the best tea for puppet books. We thought of the possible questions that would come to your mind. Questions include: Is tea for dolls worth buying in the current scenario? What are the significant benefits of using this tea for the puppet book? Why is it vital for you to invest in tea for the puppet book? Why should you only choose the best tea to book dolls for yourself? How to choose the best tea for the puppet book for yourself? What is the best tea for doll books available on the current market? The search for authentic and legitimate information is vital, which makes it meaningful for you to obtain all the information only from reliable and reliable sources. Your sources may include multiple online and offline platforms, such as word-of-mouth, product reviews, online consumer forums, review sites, and purchase guides. That's not all; you can go through other sources that are not mentioned here. Please make sure to conduct proper research before making a purchase decision when it comes to tea to puppet book. Here we are to offer you a tea for puppets book buying guide, where our information is 100% unbiased and authentic. AI and Big Data are the trusted online sources that review our information. Our purchase guides are designed using a unique technology with a set of algorithms. This system allows us to make a list 10 Best tea sums for doll books available and trends in the market these days. Below are the factors that our algorithms consider when designing the guide: Product quality of value brand value and durability Customer Reviews & Ratings Features & Specifications We value our readers; therefore, it is our priority to keep product information up to date on our website. We are always supported with various online sources where you can verify our authenticity. In case, if you find information on our website misleading, inappropriate or inappropriate, then you must ensure to contact us. We will correct and help you with queries all the time. Last updated: 2020-02-20 by Harmony Stark Don and his wife love cooking. They enjoy new and different recipes and experimenting with interesting combinations of ingredients. Tea is a popular drink worldwide and is considered healthy. Secretlondon 123A Beginner's Guide to Drinking TeaWhen I initially started drinking tea regularly years ago, I was like a blind man reading a book. By that I mean I just picked something off the shelf, warmed up, tasted, and threw it down. Since then, I've gotten enough information about tea that I thought I should share it with you. The good thing is that today there is so much information about tea available on the web that you can become your own expert very quickly. Many people, especially in the US, are unaware of the long history and popularity of tea. Worldwide, tea is the second favorite drink in the world, second only to water. Its rich history and wide variety of blends, flavors and aromas are what have kept it so popular all over the world. With new data that is now available on its health benefits, health conscious people around the world will surely make it even more popular in the future. So, here it is, everything you need to know about tea. First, let's look at the descriptions of the four different basic varieties that you'll find available and then review a list of the health benefits of tea, a definition of the term herbal tea, a review of popular tea brands, and even watch some informative videos. Types of Tea tea is simple, there are only four different types of tea: black, oolong, green and white. A History of Tea and Its Special Health PropertiesFirst, you should know that tea is made from the leaves of an ever green bush or shrub of the genus Camellia sinensis, and the tea has a history dating back to 2737 to C. in China. Around 300 A.C., it was a popular daily drink throughout the China.As young leaves and buds of bush leaves are used to make different varieties, and there are more than 1500 types of tea produced today. When you start tasting them, reading labels and selecting your favorites, you will begin to recognize the three main varieties (black, oolong and green) with a fourth unofficial referred to as white tea. With all teas, the important part to consider are the oils on the leaves and buds, as well as how they are processed and stored. The level of your your Health ingredient, polyphenol, is usually relative to the fermentation used in its processing. You should know that black teas are highly fermented (and therefore low in polyphenols), while Oolongs are only partially fermented (higher in polyphenols) and green teas are essentially unfermented, which makes them the highest in polyphenols. It is said that the word tea comes from words of various Chinese languages and dialects: tay or te (Amoy), cha (Cantonese), or tchai, chai or chá (Persian). Prepared black tea usually looks much darker than the other varieties of tea. A gift with teaback tea suits is called black because that's the color the leaves rotate after they're oxidized. It is also known as red tea in the Far East and is made from the leaves of the assamese plant. It is oxidized more than the other three large varieties and also has the highest caffeine content of all. Being the strongest, it also stores more than others, often for several years. This longevity was one of the reasons for its popularity in Europe when it was first imported there in 1600. Harvested leaves are allowed to wilt and then crushed to release the oils. Then they are dried for four hours before the tea is packed. Black tea is still the most popular variety nowadays and accounts for more than 90% of the tea used in the Western world. Black tea is the strongest flavor of the four varieties and is mainly used to make iced tea in the USA. Oolong tea leaves being driedDrew MaustOolong Tea FactsOolong is the most traditional Chinese variety of tea. The name means black dragon. The leaves and buds are dried in the sun until they are wilted and oxidized. It is then baked anywhere from 12 to 36 hours. Then the leaves are rolled in one of two ways: either on long, curly leaves or small beads. Due to differences in the production methods used, oolongs are considered full-bodied and have a wide variety of flavors, ranging from thick roasted aromas to sweet and fruity, while some even have fresh floral aromas. In terms of caffeine, this type has less than black tea, but more than other varieties. A cup of green teaDANOGreen Tea FactsGreen tea is made by minimizing the oxidation of the leaves during the production process and usually has the highest levels of polyphenols (micronutrients). There is a wide variation in its distribution worldwide due to the wide range of manufacturing processes used worldwide, and which brands and types are made available. Green tea can have a wide variety of flavorings added, but by itself, its dominant flavor is light, fresh and slightly sweet. Below, I listed the health benefits of teas in general. These benefits, it should be noted, are for consistent consumers of these teas for a relatively long period of time. So if you want to take advantage of these benefits, you should be consistent consumer, not someone who has a cup of tea every week or so. White Tea Leaves-MersWhite Tea FatosSosostea tea is made from the young leaves and unopened buds in the tea plant. It is called white tea due to the light coloring of the wires on the unopened buttons. The leaves are wilted in the sun and only slightly oxidized to protect their taste. It has a smooth and smooth taste and is a pale color when manufactured. White tea is often sold today as silver-tipped pekoe, Fujian white and China white, to name some of the most popular subes varieties. The health benefits of TeaTea, and specifically oolong, contain high levels of tannin (a kind of polyphenol or superfood). Polyphenol is supposed to help the body get rid of free radicals and can help delay the appearance of age, blemishes and wrinkles on the skin. Polyphenol can also help reduce the level of triglycerides and fat in the body, as well as help in reducing tooth decay. Tea in general, and specifically the White variety, contains catechins (polyphenol antioxidants) that have been found to lower blood pressure and blood sugar and lower cholesterol levels. It can improve immune system function as well as reduce rheumatoid arthritis pain and can help block the effects of ultraviolet rays. Green tea is supposed to help reduce levels of heart disease and prevent certain types of cancer in some people. A green tea extract containing polyphenols and caffeine can increase the body's metabolic rate by up to 4%, thus contributing to weight loss without increasing blood pressure. All these health benefits are possible for long-standing tea drinkers. Popular Tea TypesNameTea UsedAdditiveFlavor and NotesBlack CurrantBlack TeaBlended flavored CurrantRich flavor with a hint of blackberry. Bombay ChaiBlack Teas, IndiaBlended with SpicesRich flavor with clove touches and other seasonings. Chun Mei, ChineseGreen Tealt has a light color and subtle flavor of plums. Dragon WellGreen tea, Chinese leaves, medium body tea with a fresh taste. Earl GreyBlack TeaBergamot (Citrus Flavor)Bright, crooked and refreshing. BreakfastKeemun Chinese Black TeaStrong and smoky flavor. GunpowderGreen TeaMost popular of Chinese green teas. GyokuroGreen Tea, JapaneseThe best of Japanese green teas; it has a green color and a light flavor and aroma. Irish BreakfastCeylon and Assam Black Tea BlendDark color with a strong malt flavor. LiptonBlack TeaBlend of various Pekoe Grade Black TeasSold in tea bags; medium degree with a medium flavor. MatchaGreenPowdered tea, mainly used in Japanese tea ceremonies. PekoeBlack Orange Tea, medium grade, not Chinese flavor Not orange, but the name probably refers to the orange color of the leaves when processedIt has a subtle and light flavor and aroma. RoseBlack TeaBlend of various Pekoe Grade Black TeasSold in tea bags; medium flavor and aroma. Sencha Sencha Tea, Japanese leaves of varieties and full flavor. Silver NeedleWhite TeaLight and sweet taste. TetlyBlack TeaBlend of various Pekoe Grade Black TeasSold in tea bags; medium flavor with a slight malty tip. Wu-YiOolong Tea, ChineseRich, fruity flavor. Herbal tea or TisaneHerbal tea (also known as tisane) is usually not made exclusively from tea leaves. Instead, it is an infusion or decoction of ingredients other than camellia sinensis. A tisane is made from combinations of flowers, roots, dried fruits, or herbs or spices such as cinnamon, rosemary, sage and thyme, as well as other natural ingredients. In some brands, actual tea leaves are added. The wide variety of popular manufactured herbal teas include ingredients like mint, chamomile, jasmine, and so on. Herbal tea ingredients are often selected for their flavor and purported sanitary properties or medicinal value. Some ingredients are used to calm a disturbed stomach, help with digestion, or just calm nerves. How to Make Steep Tea The general rule: The larger the sheet, the longer the manufacturing time. Earl Grey needs about 5 minutes, while a smaller sheet will only need about 3 1/2. Let the loose tea boil for up to 7 minutes. Read the LabelToday, a tea drinker needs to take the time to carefully read the labels of products that claim to contain green tea. Often, companies feel that putting a green liquid in a bottle and labeling it green tea is all they need to do to sell the stuff, even if it has only tiny amounts of the real thing. When you read the fine print, you will see that the actual content of green tea in the drink is inconsequential. How to Choose the Right Tea: Beginner's TutorialHow to manufacture the types of teas and isanesto content is accurate and faithful to the best of the author's knowledge and is not intended to replace formal and individualized advice from a qualified professional Comments: If you have information about teas in general, or a favorite brand, add a comment! Kristen Howe of Northeast Ohio on December 23, 2015:Don, my pleasure. You are welcome. That's a good idea. Thank you for approving my comment. Always! Don Bobbitt (author) of Ruskin Florida on December 23, 2015:Kristen Howe - Thanks for reading, and for finding my misspelling. I drink regular tea too. I make my own watered version of a Green Tea, and I drink daily in place of just tap water, with a slice of lemon, of course. Thanks for reading and commenting. DONDon Bobbitt (author) of Ruskin Florida on December 22, 2015:Blond Logic - You bring a good point. Making special herbal teas and plants has been going on for thousands of years, and some of the blends are very effective. Check out my blogspot site called retro-survivalist. I list a lot of commonly used good ones that are good for common diseases. Thanks for reading. DONMary Wickison from Brazil Brazil December 22, 2015:I love tea of all kinds and drink it daily. Where I live in Brazil, they make tea from everything. Of course, as you say, it's not specifically tea, but that's what they call it. In my neighborhood, there is still very old knowledge about which tea will be good for which disease. They can go into the forest and pick up various plants and prepare them in a tea. If you have stomach pains, bloating, coughing or wormtheye know which drink is best for you. Although I have black tea every morning, I also regularly have fennel, green tea, and tea made from lemon grass. Interesting hub and such a great theme. LamHien on December 21, 2015:Great article! This helps me learn more about teas and the benefits it brings. Maybe I should have some more tea. Kristen Howe of Northeast Ohio on December 21, 2015: Great Tea Hub, Don. I'm an avid tea drinker and have tried all the different brands - some listed on your table, some not. BTW, Tetly is missing one and in Tetley. That's so information and interesting the story behind this and the variety of brands and flavors to experience next year. Health! Elsie Hagley of New Zealand on July 30, 2015: Yes! you wrote a very clear article, which after I had read, I completely understood that all the difference teas were. Thank you.Don Bobbitt (author) of Ruskin Florida on July 30, 2015:Elsie Hagley - Thank you for the revenge. I try to make sure that my facts are correctly stated, and this often takes time. Thanks for the reading and the comment. DONElsie Hagley from New Zealand on July 29, 2015:Just been commenting on another tea center, it was declared white tea that I thought were tea leaves and adding milk that made white tea, but I can see from this article that are white tea leaves, so I must be drinking black tea. Thankstorrilyn on June 19th, 2014:thanks for this beginner's guide to tea. I remember learning how to make tea for the first time and how it tasted great. Thank you. Don Bobbitt (author) of Ruskin Florida on May 6, 2013:janshares- Thanks for the kind words about my article, and especially Share and UP. I've read some of their own Hubs and they are of high quality. Thanks again for reading, and enjoy your Leslie Evans Tea.DONJanis from Washington, DC on May 6, 2013:Wow, Don Bobbitt. Thank you so much for your clinic on how to write a hub about tea. I'm a big teased tea and i made a tea center too. This is a very detailed and well rounded hub. Great information. Up and useful. Don Bobbitt (author) of Ruskin Florida on February 26, 2012:Paul, my friend, So nice to hear from you at one of my Hubs. Yes, this took a bit of time and this is actually the third update and release of Hub.Eu, myself, now drinking more Tea than ever before, and I had to learn what you find here, to satisfy my own curiosity. I love my tea! Don Bobbitt (author) of Ruskin Florida on January 31, 2012:Thank you 2012:Thank you on January 31, 2012:Nice Hub. I voted for Don Bobbitt (author) of Ruskin Florida on January 24, 2012:Silja, Spicy is Good! Lol! Silja Paulus from Bristol, UK on January 24, 2012: My favourite would be green tea with some ginger. Or green tea with spices (such as cinnamon). I also like lemon and ginger tea. So I'm very much on the spicy side. Cloverleaf from Calgary, AB, Canada on October 1, 2011:Hi Don, thanks for putting all the different types of tea in a clear and interesting way. I've often confused them in the past. I didn't even know there was a difference between Earl Grey and English Breakfast! Voling and very interesting :-).Don Bobbitt (author) of Ruskin Florida on September 30, 2011:KTrapp, thanks for the reply. Over time, I spent periods being strictly a tea drinker, especially when I had to spend a lot of time in Malaysia, Europe, etc. But every time I came home, 3 out of 4 places would have coffee and not tea, so I would always eventually end up back in my coffee dose. My research will push me back into tea. I think, I'm going to go find your Tazo and add it to my doc. Thank you.Kristin Trapp from Illinois on September 30th, 2011: Thanks for the focus on tea, Don. I drink tea and always feel a bit of a second fiddle for all coffee drinkers. But I definitely prefer black tea (Earl Gray) with some sugar and milk. Harney & Sons makes a very good one, but I have trouble locating it, but I only have a few Tazo and it tastes really good too. Don Bobbitt (author) of Ruskin Florida on September 30, 2011: Thank you and michel for the kind words. I'm glad you liked the article, emichael from New Orleans on September 30, 2011: That's fascinating. Green and white tea have always been my favorite. Voted, useful and interesting! Interesting!

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