



# The Tea Book

*Linda Gaylard*

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## **The Tea Book** Linda Gaylard

*The Tea Book* helps you explore the blends, tastings, and ceremonies from around the world and create your own delicious tea traditions.

Where does tea come from? In *The Tea Book* learn where in the world tea is cultivated and how to drink each variety at its best, with steeping notes and step-by-step recipes.

*The Tea Book* is your world tour of the art of tea. Visit tea plantations from India to Kenya and explore maps of the world's most important growing regions. Learn to recognize tea-leaf varietals and spot the best types from each region. Recreate a Japanese tea ceremony with a guide to storied traditions and practical implements. Discover the health benefits of green tea. Craft the perfect Chai tea. Try a tasting course to cultivate your sense of tea color, aroma, and taste. Explore the spectrum of herbal, plant, and fruit infusions. *The Tea Book* covers it all, including history, tradition, and 75 classic and contemporary recipes to steep and share.

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#### **James Adcock:**

A lot of people always spent their particular free time to vacation or maybe go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you wish to try to find a new activity that is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book which you read you can spent the whole day to reading a reserve. The book The Tea Book it doesn't matter what good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. Should you did not have enough space to bring this book you can buy often the e-book. You can m0ore effortlessly to read this book from your smart phone. The price is not very costly but this book features high quality.

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