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ORGANIC TEA

Celebrating people, planet and pure tea

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117. BEST CAFFEINATED BAG TEA
Numi Organic Aged Earl Grey Black Tea

This aged tea is more robust than your grandma's variety and bold enough to sub in for your morning cup of coffee.

0 calories

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You can feel the British influence at my salon—we have afternoon tea and listen to UK bands like Muse. >>>

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HEALTHY BREW
the tea for coffee lovers

With about 50 percent less caffeine than coffee, an intriguing woody flavor, and plenty of antioxidants, China's ancient pu-erh tea is brewing up interest in America. BY SAUNDRA WATSON

For centuries, tea connoisseurs have considered China's pu-erh tea one of the great artisanal brews of the world. And now, tea manufacturers like Mugly Leaf, Numi, and The Republic of Tea are bringing it to supermarket shelves near you. Pleasantly bitter and earthy, with a smoky note, both green and black teas, pu-erh has a distinct depth and richness. "The robust and heavy flavor is exotic but totally approachable," says Jesse Jacobs, owner of San Francisco's Samovar Tea Lounge. "It's a great healthful alternative to coffee."

Studies have shown that drinking caffeinated, antioxidant-rich tea like pu-erh regularly has health benefits, such as boosting metabolism and lowering cholesterol. But pu-erh has more than that going for it. Its unusual richness makes it a nice match for savory dishes, and in Asia, pu-erh is popular with diners because of the customary belief that it aids in the digestion of oily foods.

Traditionally, the tea's aromatic, earthy flavor is the result of fermentation. The leaves are compressed into flat cakes and aged over a period of several months. The modern version called shou-pu-erh involves a process that uses a controlled environment to achieve a similar flavor in just a few days.

"Shou-pu-erh is still good and strong, but with the traditional version you taste the wonderful effects of time on a product that will mellow," says Mary Lou Hines, tea purveyor and co-author of *The Tea Enthusiast's Handbook*. To try either version for yourself, visit Hines's tea shop at tobetter.com.

DOWN HOME
DOES P. 44

FERRED ART
IBS P. 108

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RASPBERRY TART
FRESH LEMON PUDDING

MAY 2010
bonappetit.com

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ON IN-FILL RESISTANCE: WHY AMERICANS STILL LOVE BUILDING OUT, NOT UP

San Francisco Chronicle Magazine

Tea From Two
The artist and the alchemist behind Numi Tea
Timon (left) and Ahmad Bahin

June 28, 2010

DESIGN: SURREAL SUGAR FOOD: METRO LA PAVETTE

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