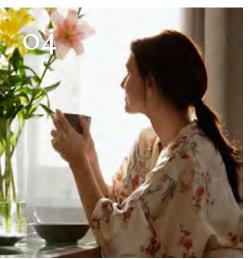


FEEL BETTER MAGAZINE CONTENTS

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### **About the Tea Makers**

Welcome to the first edition of our tea magazine! We're so glad you're here—this is our story.

Hi there! We're The Jasmine Pearl Tea Company and we're honored to introduce ourselves. For over 20 years, we've been handcrafting specialty loose-leaf teas right here in Portland, Oregon, and sharing them with tea enthusiasts like you.

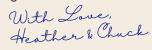
"We're tea lovers—**not tea snobs**—and we believe tea should be fun, flavorful, and entirely your own."

Our story began in 2002 with a simple idea dreamed up over cups of mint tea inside a teahouse in Spain: to bring the magic of delicious teas and authentic tea experiences back home to the U.S. Since then, we've grown from blending teas in our basement to becoming trusted importers and creators of handcrafted blends that are enjoyed in cafés, grocery stores, and homes across the country. You might even spot our teas in some unique places—like fancy ice creams, fizzy kombucha bottles, and even baked goods!

What sets us apart is the care we put into every step of the process. From sourcing primarily organic teas, herbs, and spices, to blending each batch by hand, we pour passion and integrity into everything we do. We're tea lovers—not tea snobs —and we believe tea should be fun, flavorful, and entirely your own.

It's a labor of love that's kept us thriving for two decades—even through challenges like the global pandemic, which brought big changes to how we operate. Today, we're a small, dedicated team of eight, operating entirely online. But our mission remains the same: to create exceptional teas that celebrate the art and culture of tea while connecting with amazing customers like you! Whether you're a seasoned tea connoisseur or just beginning your journey, we're here to make every sip unforgettable.

Thank you for letting us share our story—let's make tea time magical together!















# What's Brewing in the World of Tea?

As tea continues to grow in popularity around the globe, the industry is evolving in fascinating ways. From rising demand for Japanese matcha to changes in the way tea traders do business, there's a lot steeping beneath the surface. Here are some highlights:



No longer niche—matcha is a global favorite.

Matcha's popularity has soared in recent years, appearing in everything from traditional tea bowls to lattes, smoothies, and desserts. This growing enthusiasm has created exciting opportunities for tea farmers and producers—especially in Japan, where authentic matcha is traditionally grown and stone-milled.

However, limited growing regions, aging farming populations, and changing weather patterns have made high-quality matcha more difficult to source. Some producers are responding by planting new tea fields or exploring partnerships in other regions, including parts of China and Korea. For tea drinkers, this moment offers a chance to better understand where their matcha comes from—and to appreciate the care that goes into its cultivation.





#### Navigating the Changing Trade Landscape

Sourcing tea today requires creativity, flexibility, and long-term relationships.

Shifting global trade policies, including tariffs on certain goods, have introduced new challenges for tea importers and producers. These changes may influence which teas are available, how they're priced, and how quickly they reach markets. At the same time, they open the door to renewed focus on direct sourcing, long-term partnerships, and investment in regional tea production. For specialty tea companies, adaptability and transparency are helping ensure that high-quality teas continue to reach the cups of curious drinkers.

# Finding Peace in a Cup

#### Tea & the Nervous System

In a world that seems to move faster every day, finding ways to slow down and ground ourselves is more important than ever. For many of us, tea offers not just warmth and flavor, but a path back to balance.

The simple act of preparing tea can be profoundly regulating to the nervous system. Boiling water, measuring leaves, and waiting for the steep are small, meditative rituals that ask us to pause and be present. Even the aromas rising from the cup can signal the body to shift out of "fight or flight" and into "rest and digest."

When we sip tea, especially herbal blends like chamomile, lemon balm, or tulsi, we invite calming plant allies into our systems. These herbs have been used for centuries to soothe frayed nerves, ease tension, and support emotional resilience. Even traditional teas like green and black varieties contain L-theanine, a compound known to promote focus while gently calming the mind.

#### In the rhythm of brewing and sipping, we create space for stillness.

Tea doesn't promise to fix everything—but it can offer a few quiet moments to check in with ourselves, soften the edges of a stressful day, and return to center. And sometimes, that's more than enough.

So the next time you feel overwhelmed, let the kettle remind you: you have the tools to pause, breathe, and begin again—with a warm cup in hand.



#### Teas to Bring More Ease and Flow into Life

If you're looking for blends that support nervous system balance and emotional calm, try one of our soothing herbal favorites:

- Feel Better: A warming blend to uplift body and spirit.
- · Rest Easy: Crafted to help you unwind and settle into stillness.
- Dream Blend: A gentle bedtime tea for deeper rest and sweet dreaming.

Make time for peace—and let your tea practice support you, one sip at a time.

# Seasonal Tea Spotlight

#### **AUTUMN & WINTER**

As the days grow shorter and the air turns brisk, there's nothing better than curling up with a comforting cup of tea. These seasonal blends are crafted to celebrate the cozy, flavorful essence of fall and winter. Whether you're after warming spices, indulgent cacao, or a bold, smoky sip, there's something to match every mood. Teas available at theiasminepearl.com

### **Pumpkin Spice Chai**

BLACK TEA

Bold Chinese and Indian black teas meet a medley of fall spices—cinnamon, ginger, nutmeg, and cloves—tied together with smooth vanilla and honey flavor. Delicious with milk or on its own, this beloved seasonal chai is only here through November, so don't wait!

Caffeine Level: High Great For: Chilly mornings, afternoon pick-me-ups, fireside sipping

Cozy. Comforting. Classic.





### **Cocoa Rouge**

HERBAL TEA

Rooibos, roasted chicory, and earthy cacao nibs create a chocolatey base, rounded out by creamy vanilla and carob. Add a splash of milk for the ultimate cozy cup. Contains a very small amount of caffeine-less than hot chocolate.

Caffeine Level: Low Great For: Afternoon comfort, sweet cravings, bedtime cocoa swap

Rich. Velvety. Dessert-worthy.



Apple pie meets tea time.

### **Anniversary Blend**

**HERBAL TEA** 

A fan favorite since its debut, this naturally caffeine-free blend tastes like a vanilladusted apple treat. Honeybush, rooibos, cinnamon, and apples are layered with a touch of stevia and buttery undertonesperfect for evenings or dessert tea lovers.

Caffeine Level: None Great For: After-dinner indulgence, cozy nights, guilt-free treats

Like a warm apple scone—no oven required.

Bold. Smoky. Adventurous.

### Caravan

**BLACK TEA** 

Inspired by strong Russian caravan blends, this black tea fuses smoky Lapsang Souchong, spicy cloves, citrus peel, and floral Keemun for a full-bodied brew with presence. A brave tea lover's brew—perfect for those who like it strong and smoky.

Caffeine Level: High

Great For: Brisk walks, wintry mornings,

bold flavor seekers

Not for the faint of heart.



#### Available October to February — while supplies last!

These blends disappear when the season ends—so grab your favorites before they're gone!



## Chuck's Famous Smokey Tea Popcorn

This easy snack is so good, friends and family request it at every gathering! This smoky, teainfused treat is perfect for parties, picnics, and camping.

Bonus: The spice mix makes a fantastic gift!

#### **INGREDIENTS:**

- 1/4 cup **butter** or nondairy equivalent (like Earth Balance)
- ¼ cup olive oil
- ½ cup popcorn kernels
- 1 tsp cumin powder
- ½ tsp chili powder

- ½–1 tsp ground Lapsang Souchong tea
- ½-1 tsp garlic powder (optional)
- Grated Parmesan cheese or nutritional yeast (to taste)
- Salt and pepper (to taste)









#### **INSTRUCTIONS:**

#### STEP 1: PREPARE SPICE MIX

- · Grind the Lapsang Souchong tea into a fine powder using a spice grinder or mortar and pestle.
- · Mix the ground tea with cumin, chili powder, and garlic powder (if using).

#### STEP 2: MELT BUTTER & OIL

- In a small saucepan, melt butter with olive oil over low heat.
- · Stir in the spice mix and remove from heat.

#### STEP 3: POP THE KERNELS

· Pop the popcorn using an air popper (preferred) or stovetop method.

#### STEP 4: SEASON POPCORN

- Place popcorn in a large bowl. Drizzle the butter mixture over the popcorn while stirring to coat evenly.
- · Sprinkle with Parmesan cheese or nutritional yeast, tossing to distribute.

#### FINAL TOUCHES

Add salt and pepper to taste. Serve immediately and enjoy!

Tip: This recipe is highly customizable—adjust spices to your liking and experiment with different cheeses or herbs for a personal touch!

# Things You (Probably) Didn't Know About Tea: Black Tea Edition

Celebrating the complexity, history and health benefits of a classic brew.



"Wait—black and green tea come from the same plant?"

Yup! It's all Camellia sinensis.

"Black tea may support longevity and cardiovascular health—just like green tea."

Green tea gets most of the wellness buzz, but black tea is no slouch when it comes to health benefits—or fascinating history. Let's shine a spotlight on this well-loved leaf.

Oxidation, not origin, makes black tea black.



Same Plant, Different Path

Both black and green teas come from the same plant, Camellia sinensis. The difference lies in the processing. Green tea is quickly heated to stop oxidation, preserving its green color and fresh, grassy notes. Black tea, on the other hand, is fully oxidized, giving it a darker color, fuller body, and rich, deep flavor.

#### A Steady Source of Energy

Black tea often contains more caffeine than green tea, but still less than coffee —offering a balanced lift without the crash. This is thanks to L-theanine, an amino acid naturally present in tea that promotes calm alertness. Many people find that the synergy between caffeine and L-theanine provides mental clarity and sustained energy throughout the day.

#### A World of Flavor

Whether you prefer the brisk brightness of an Assam, the floral notes of Darjeeling, or the smooth depth of a Keemun, black tea offers a wide range of tasting experiences —and pairs beautifully with milk, honey, or a simple moment of calm.

#### **Packed with Benefits**

Black tea contains unique antioxidants —theaflavins and thearubigins—that help support heart health and protect cells from oxidative stress. Studies have shown that drinking two or more cups of black tea daily may even lower the risk of death from cardiovascular disease, stroke, and other causes.

#### **Research Spotlight:**

A 2022 study by the National Cancer Institute found a 9-13% lower risk of all-cause mortality among those who drink black tea.

https://www.cancer.gov/news-events/pressreleases/2022/health-benefits-black-tea

#### A WORLD OF FLAVOR: DRINK WHAT YOU LOVE



**ASSAM** 



**NILGIRI** 

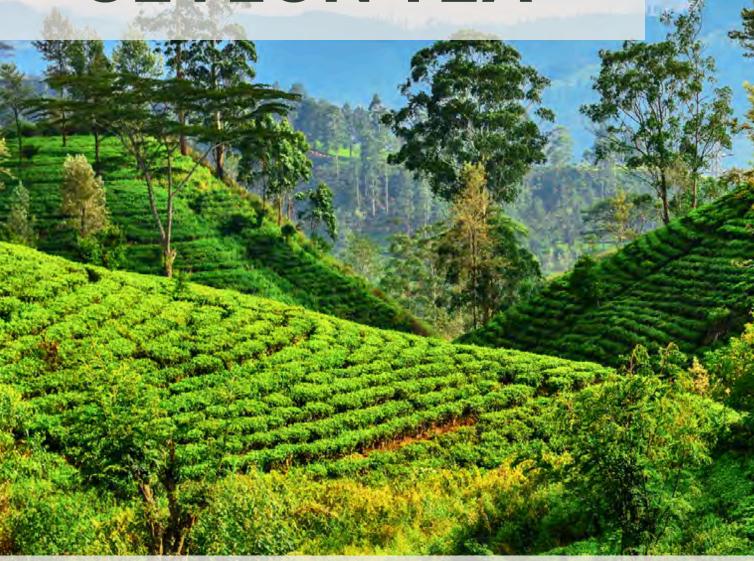


**YUNNAN** 

There's no need to choose sides—black and green teas both have their place in a wellbalanced, delicious tea life. If you've been overlooking black tea, now's a great time to rediscover it.

### **Origin Spotlight:**

## **CEYLON TEA**



In this edition, we shine a spotlight on our Ceylon teas, thoughtfully sourced from Greenfield Bio Organic Tea Farms in Haputale, Sri Lanka. Greenfield began its journey in 1990 when founders Muthu and Durka set out to revive an ailing estate using sustainable, organic methods—rooted in respect for the land and the community. Raised in tea gardens themselves, they envisioned a lush, forest-garden approach with no chemicals, fair wages, and regenerative practices that benefit both people and planet.









#### A GARDEN WITH A MISSION

Greenfield isn't your typical tea plantation —it's a forest-garden interwoven with tall shade trees, endemic plants, and enduring boulders. Their certified organic protocol focuses on building nutrient-rich soil through composting and protecting biodiversity, including the habitat of Sri Lanka's elusive leopard.

"We transformed this land into a sustainable organic oasis."

- Muthu & Durka





#### ETHICAL PARTNERSHIPS, **RICH FLAVORS**

Over the years, Greenfield has partnered with multiple smallholder farms, extending organic certification and training across the region. This group-certification model has raised household incomes while maintaining affordability in cultivation. The result? High-grown Ceylon teas distinguished by their bright, brisk character with notes ranging from citrus, to light malt and honey—while supporting sustainable livelihoods.



#### SOURCED WITH CARE

By choosing Greenfield Ceylon, you're not only savoring a classic black tea-you're supporting regenerative farming, fair pay, and biodiversity conservation. Each cup carries the taste of Sri Lanka's misty highlands and the heart of a community working toward a healthier, more equitable tea future



#### **CURIOUS TO TASTE THE NEWEST HARVEST?**

Our organic Ceylon Black is now in stock! thejasminepearl.com/ceylon

# Refill Your Cup

Restorative herbal blends and soothing teas to support balance, resilience, and daily rituals of care. Whether you're winding down, easing digestion, or creating a moment of calm between tasks, these teas are here to nourish body and spirit—one comforting cup at a time



#### **ARIA BLEND**

{Herbal} Sweet, smooth, and throat-soothing with fennel, licorice, mint and spice. Caffeine-Free - From \$8.60



#### **DREAM BLEND** †

{Herbal} A calming bedtime blend with valerian, linden, lemon balm and peach. Caffeine-Free - From \$9.80



#### **EQUINOX BLEND**

{Herbal} Replenish during times of transition with nettles. roses, sarsaparilla & cinnamon. Caffeine-Free - From \$9.60



#### **FEEL BETTER**

{Herbal} A clarifying blend of peppermint, chamomile, ginger and lemon to lift your mood. Caffeine-Free - From \$8.90



#### **REST EASY**

{Herbal} A mellow tea for a mellow moment. Chamomile, lavender, with smooth rooibos. Caffeine-Free - From \$8.20



#### **WELL BEING**

{Herbal} Elderberry, echinacea, and mint offer refreshing seasonal immune support. Caffeine-Free - From \$9.60

**† Note:** Contains valerian. Not for children. If pregnant, nursing, or taking medication, consult your healthcare provider. May cause drowsiness.





#### **AMOR BLEND**

{Herbal} Like a hug in a cup. Earthy, floral, and gently spiced with cacao, bee pollen, rose and vanilla. - From \$8.40



#### **GABA GREEN**

(Green) Smooth and buttery, with a mellow finish. Grown in Taiwan, this rare tea offers calming clarity and focus. - From \$23



#### **GABA OOLONG**

**{Oolong}** Comforting and mellow, with notes of baked yam and caramel. A GABA-rich oolong from Taiwan. - From \$22.30



#### GOLDEN FIRE Caffeine-Free

**(Herbal)** Bold and spicy with earthy turmeric, warming ginger, sweet cinnamon and cayenne. Great with milk. - From \$7.60



#### MAPACHE Caffeine-Free

{Herbal} A dark, rich, coffee-like blend, with notes of sarsaparilla, cocoa, and brown sugar. Satisfying hot or iced. - From \$9.80



#### **PUERH QUEEN**

{Puerh} Deeply earthy and full-bodied with an aged richness. Low in astringency and excellent after a heavy meal. - From \$9.20



#### **SOULSHINE** Caffeine-Free

{Herbal} A sunny brew of greenbush, roasted dandelion, tulsi and orange peel. Uplifting and gently spiced. - From \$8.50



#### YOGA BLEND Caffeine-Free

{Herbal} Chai-like spices blended with honeybush and nettles. A gently grounding and invigorating daily ritual. - From \$8.20

**BREW COLOR** 

### **Craving more?**

We offer over 130 teas and blends. Visit us online at the jasmine pearl.com to explore our full collection of loose leaf teas, teaware and herbal tisanes.

### Rare & Limited Finds

Explore a rotating collection of exceptional teas, available only while supplies last. From smallbatch rarities plucked on family farms to seasonally unique vintage harvests, each selection offers something truly special—unforgettable teas, many here only for a short time.



#### **DEHONG YE SHENG**

{Puerh} Notes of fruit, smoke, clay, and sea breeze. Bright and complex. - From \$55



#### **GOLDEN NEEDLES**

{Black} Rich and smooth, with notes of dried fruit, maple, and soft spice. - From \$22



#### **GOLDEN OSMANTHUS**

{Oolong} Floral, with notes of almond, fig, and sweet grain. medium-bodied - From \$6



#### **HAO YA SELECT**

{Black} Warm flavors of sweet toasted grain and a light buttery finish. - From \$11



#### **NEPALI SPRING FLUSH**

{Black} Bright and floral, with notes of sweet corn and spring greens. - From \$9.70



#### **SHARED BLESSINGS**

**{Sheng Puerh}** Medium astringency, with notes of raisin, hay and tobacco. \$22





#### **BLACK MUDAN**

{Black} Luxurious notes of apricot, peach, browned butter and maple syrup. Subtle hints of hay and dried grass. - From \$18



#### ORIGIN ASSAM

**{Black}** Rustic blend of unsorted leaves. Super-rich, with notes of browned butter, apricot, and vanilla graham. – From \$8.20



#### PRAKASH WHITE

**{White}** A rare white tea with notes of toasted grain, buttercream, and plum skin. Full-bodied. - From \$16



#### **QUIET SPRING**

**(Green)** Fresh, grassy aroma. Mediumbodied and smooth with subtle notes of plantain and moss. - From \$18



#### SEVEN OBSCURITIES

{2003 Vintage Puerh} Deep notes of mushroom, earth, leather, forest floor, and subtle incense. - (250g Tuo) \$100



#### SILVER NEEDLES

**{White}** Smooth, savory, and softly sweet. Made from downy young buds. Elegant and deeply satisfying. - From \$19.80



#### **TSUYUHIKARI SENCHA**

**(Green)** Savory and oceanic, this vibrant brew balances bright vegetal notes with a silky, umami-rich body. - From \$19.80



#### YELLOW MUDAN

**(Yellow)** Rare, subtle and smooth. Buttery and mellow, with hints of citrus, toasted grain and spun sugar - SALE \$7.85



#### **YUZU BLACK**

{Black} Bright, citrusy, and smooth balances sweet yuzu aromatics with a pleasant, pithy finish. - From \$21.

**BREW COLOR** 

# Steep in Style

Beautiful, functional pieces to enhance every step of your tea ritual. From everyday essentials to thoughtful gifts, these tools help you brew with ease, sip with joy, and savor the moment.









#### 1. STUMP TEAPOTS

Colorful, stackable, and built to last, these teapots are perfect for your daily tea ritual. Each one includes a stainless steel infuser for a full, flavorful steep—great for workdays or tea with a friend. 18 oz. / 530 ml. – \$40







#### 2. FOLDING HANDLE BASKET INFUSER

Steep anywhere with this compact stainless steel infuser. Its handy plastic case doubles as a drip tray—great for travel, the office, or tossing in your bag. - \$18

#### 3. FUN CERAMIC TEACUPS

These teacups are substantial and feel great in hand. Each holds 150 ml (5 fl. oz) and features a natural unglazed clay base with a smooth, white glazed top. Sold in sets of two or assorted sets of three. - \$10-\$15

#### 4. STAINLESS BASKET INFUSER

Meet your forever infuser. Tough, roomy, and reliable, it gives tea leaves plenty of space to bloom. The lid catches drips and doubles as a resting tray. - \$24

#### 5. MATCHA BOWL & WHISK SET

A beautiful gift for both new and seasoned matcha lovers. This set includes a ceramic matcha bowl, bamboo whisk, ceramic whisk holder, and traditional bamboo scoop. - \$45

#### 6. LUCENT ICED TEA JUG

Brew, chill, and serve—all in one. This elegant iced tea brewer is made from heat-resistant glass and includes a stainless infuser. - \$54

#### 7. GLOBE TEAPOT SET

This very giftable glass teapot comes with its own infuser and two double-walled glass teacups. A beautiful way to brew and share tea. 22 oz. / 650 ml - \$25







# Pass the Teapot

From breakfast tables to break rooms, these blends are made for sharing. Brew a pot for book club, brunch, or just because—it's always better with company. Whether you're catching up, cheering up, or showing up for someone, these are the teas that bring people together.



#### **AFRICAN GREY**

{Herbal} A caffeine-free Earl Grey with rooibos, Italian bergamot & sweet bee pollen. Caffeine-Free - From \$8



#### **EMERALD OOLONG**

{Oolong} A lightly baked Taiwanese oolong with lush floral notes and a smooth, lingering finish. – From \$12.20



#### **BOMBAY BREAKFAST**

{Black} An aromatic Assam blend with ginger, cardamom and rose. Excellent with milk and sugar. - From \$8.40



#### **GINGER PEACH**

{Black} A mellow Nilgiri with juicy peach, ginger and cardamom. Light, fragrant and perfect iced. - From \$8.50





#### **TIGER STRIPE**

{Herbal} Thai-inspired blend with notes of caramel, vanilla & spice. Naturally sweet. Caffeine-Free - From \$9



#### MILD MOROCCAN MINT

(Green) Refreshing and smooth with cool spearmint, light citrus and a mild green tea base. -From **\$8.40** 



#### **SPRING BLOSSOM**

{Oolong} Notes of stone fruit, honey, orchid and toasted sugar. Finishes with a lingering sweetness. - From \$21.20

#### **BLACKBERRY FIG**



{Black} Darjeeling blend with notes of muscatel, dried fig, blackberry jam and complemented with anise. - From \$13.20

#### GINGER CHAI



{Black} Spicy house-roasted masala, malty Assam, and a generous dose of ginger. Delicious hot or iced - From \$10.20

#### **LAVENDER HONEY SPICE**



{Herbal} Honeyed rooibos, lavender, cardamom, bee pollen and vanilla. Enjoy day or night. Caffeine-Free - From \$9\*

#### 



{Herbal} A juicy and vibrant blend, with tart hibiscus, sweet cranberry and grapefruit. Great iced. Caffeine Free - From \$8.20

TEA FOR GIFTS

# Samplers & Gift Sets





#### **THE BEST SELLER COLLECTION**

Includes five (2oz.) bags of our most popular green and black teas. A crowd-pleaser. \$45



#### **BLACK TEA SAMPLER**

Includes 27 mini samples nearly all of our Black Tea catalog. Makes 27+ cups of brewed tea. \$48



#### **BOUQUET COLLECTION**

A gorgeous assortment of five (2 oz.) bags of our most beloved, and varied, floral tea blends. - \$45\*

Thoughtfully selected tea collections and gift sets to delight your favorite tea lovers. Whether you're looking to experience an in-depth tea tasting journey, or create an elegant collection of favorites, these gifts are made to be shared.













#### 4. CHAI COLLECTION

A cozy gift set of five spiced teas from classic masala chai to herbal and green tea twists. Includes five (2 oz.) bags (100+ cups total). \$40

#### 5. COCOA COLLECTION

A decadent treat for chocolate lovers. Set includes five (2 oz. bags) of rich. naturally cacao-infused teas—perfect for a personal indulgece or gifting. \$40

#### 6. GREEN & WHITE SAMPLER

A fun and flavorful way to explore delicate, grassy, floral, and umami-rich teas from your own kitchen. Includes 23 mini samples to sip and savor. \$44

#### 7. HERBAL SAMPLER

Explore 21 mini samples of our mostloved herbal blends—a flavorful journey through floral, spiced, earthy, and soothing infusions. \$44

#### 8. HERBAL TEA COLLECTION

A soothing, caffeine-free collection of our best-loved herbal blends. Ideal for evening sipping and thoughtful gifting. Includes five (2-oz) bags. \$45

#### 9. HOUSE FAVORITES SAMPLER

An eclectic assortment featuring 23 mini tea samples handpicked by our team. A fun way to explore our wideranging favorites. \$48

### **Craving more?**

We are always releasing new collections and samplers. Visit our website for the newest selections of giftable tea sets and samplers.



After more than two decades of serving tea to folks around the country, these are the blends we reach for again and again—the ones our customers rave about and our staff can't stop sipping. Whether you're new to loose-leaf tea or just looking for something reliable and delicious, this collection features the tried-and-true favorites that have earned their place in the spotlight (and on the re-order list).



#### LAPSANG SOUCHONG

**(Black)** A campfire in your cup! Pinewood cured for a smoky, resinous flavor. - From **\$13.20** 



#### **BLACK WOLF**

**{Puerh}** A decadent blend of cacao, ripe berry, and earthy, aged puerh tea. *From* **\$10** 



#### **DARK FOREST**

**(Herbal)** A cozy Pacific chai & smooth coffee alternative with chicory & cacao. – *From* **\$8.20** 



#### **EARL GREY**

{Black} Bright, smooth black tea with real Italian bergamot citrus oil. - From \$8.60



#### FRENCH BREAKFAST

{Black} A creamy pastry-like blend with citrus, vanilla, honey and lavender. - From \$8.20



#### **GENMAICHA**

{Green} Toasty, nutty, brothy, and grassy with a smooth, satisfying finish - From \$8.30



#### **HONEY CUP**

{Herbal} Smooth vanilla-honey rooibos and bee pollen. Loved by little ones. - From \$8.20



#### **HOUSE BLEND**

**{Oolong}** Floral and toasty oolongs blended for balance and multiple steeps. - From \$12



#### **JASMINE PEARLS**

{Green} Exquisite hand-rolled tea scented with real jasmine flowers. - From \$14.20



#### **LAVENDER ROSE**

{White} Mellow, herbaceous, and delicately floral, with hints of citrus. - From \$9.10



#### **NORTHWEST MINT**

{Herbal} Cooling, clean, and vibrant blend of mints with a hint of citrus. - From \$9.20



#### **STICKY RICE MINI**

{Sheng Puerh} Aged dark tea with savory, sticky rice aroma. Super smooth & earthy \$9.50 RECIPES

# Liquid **Sunshine**

A golden milk tea to warm the body, lift the spirit, and stoke your digestive fire—with no caffeine needed.

#### **INGREDIENTS** (SERVES 1-2)



2 heaping tsps of **Golden Fire** herbal tea



2 cups **full-fat milk or non-dairy milk** (such as oat, coconut, or almond)



1–2 tsp honey or maple syrup, to taste



**Optional:** A splash of Vanilla Extract

#### **PERFECT FOR:**

- Afternoon motivation without caffeine
- Supporting digestion after meals
- Curbing sweet cravings in a nourishing way
- Making ahead and savoring all week long



When your digestion feels sluggish, your sweet cravings kick in, or you just need a little motivation without more caffeine, Liquid Sunshine is your goto drink. Made with our vibrant <u>Golden Fire</u> herbal tea, this creamy, spiced drink is warming, comforting, and deeply revitalizing.

#### **INSTRUCTIONS**

#### 1. SIMMER THE TEA

In a small saucepan, combine 2 cups of your milk of choice with 2 teaspoons of Golden Fire blend. Add a splash of vanilla extract, if desired. Bring to a gentle simmer, uncovered, allowing the tea to infuse and the liquid to reduce slightly. Simmer for 5 minutes, stirring occasionally.

#### 2. STRAIN & SWEETEN

Strain into a mug or jar. Stir in honey or maple syrup to taste while the liquid is still warm.

#### 3. SERVE WARM OR STORE FOR LATER

Enjoy immediately, or let cool and refrigerate.

Gently reheat throughout the week for a readymade moment of sunshine.



#### A NOTE OF GRATITUDE

From our small team in Portland to your teacup—thank you. Whether this is your first time meeting us or you've been sipping our teas for years, we're so grateful you're here. Every leaf we blend is infused with care, and every order supports our mission to share tea with heart and integrity.

Want to be the first to know about our seasonal releases, limited-edition teas, and semi-annual sales? Subscribe for early access, behind-the-scenes stories, and special tea tips from our team.

Sip with us and keep the tea story going on social media:







NOV 1 - NOV 30

### **ANNIVERSARY SALE 2025** 20% OFF TEAS

Valid on retail teas\* while supplies last. Cannot be combined with other discounts.

\*Promotion excludes matcha teas - Sale Ends 11/30/2025



### Enjoy 10% off your next order!



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