

The first sentence of *The Book of Tea* in its first chapter titled *The Cup of Humanity* is:

“TEA began as a medicine and grew into a beverage.”

After water, tea is the most consumed beverage in the world. Teatime and its benefits catalyze life and human relations. In America, tea drinking has more than quadrupled since 1990. People are discovering green tea and being rewarded with its antioxidant health benefits and delightful efficacies. Research has focused on green tea’s polyphenol antioxidants, tannins, and flavonoids, including epigallocatechin gallate (EGCG) compounds that all together comprise 40% of green tea’s dry weight. Research has linked green tea to gradual, but remarkable weight loss consequence and found that it helps in safely losing weight by raising metabolism, burning fat, and abating fat storage. The amino acid L-theanine in green tea simultaneously stimulates and soothes, providing a much more balanced and steady uplift than coffee.



Take in 100% of Green Tea - Matcha

Stone ground organic Matcha green tea powder is whisked and served warm, or refreshingly chilled. Citrus enhances its antioxidant uptake, so add an orange or lemon slice if you like. Its subtle sweetness and flavor blends well with many tastes and is used in desserts, confections, green tea ice cream, smoothies, and kanten. No more green tea in tea bags to toss out.



A Favorite:



Saucepan warm 2/3 cup of a favorite EDENSOY® and 1/3 cup of water. Add one tea bag per cup. Reduce the flame to low and steep 5 to 7 minutes. Remove tea bag and sweeten with organic honey or maple syrup. A hit every time.

Cooking with Tea

Use EDEN teas to make delicious grain dishes, soups, aspics, desserts, dressings, and vinaigrettes.

Fruit Salad with Tea Kanten

- 1 cup water
- 2 Tablespoons EDEN Agar Agar Flakes
- Pinch of EDEN Sea Salt
- 1 EDEN Sencha or Sencha Mint Green Tea bag
- 1/2 cup blueberries, fresh or frozen
- 1/2 cup raspberries, fresh or frozen
- 1 cup cantaloupe, cubed
- 1 cup watermelon, cubed

In a saucepan bring water, agar, and sea salt to a boil. Simmer 2 minutes. Turn off flame, steep tea bag in agar mixture 4 minutes or so and remove. Pour into shallow bowl, chill and let gel. Slice into cubes and toss with the fruit. Serves 4

Purifying MATCHA - stone ground green tea powder. A Delightful Antidote.



ORGANIC SENCHA Loose Green Tea Leaf A recloseable standing pouch of loose sencha leaf for a pot of tea worth sharing.



ORGANIC KUKICHA Loose Twig Tea Soothing rich flavor from four iron cauldron roasts. MU 16 Herb Tea A George Oshawa, macrobiotic, sixteen herb blend to strengthen and tonify. 6 bags/package. A bag makes a whole pot.



LOTUS ROOT Tea Powder Powdered dried root of the Asian water lily, treasured for nourishing respiratory health, with 5% ginger root. Boil a teaspoonful for three minutes and sip.



MATCHA Powdered Organic Green Tea 30 grams of stone ground green tea. April leaves, hand deveined, twice steamed and rubbed. Whisk one gram into hot water and take all of the tea leaf. It brightens countenance and enriches life. 30 servings per can.



MATCHA A Complete Kit Everything needed to enjoy matcha: eighty bristle bamboo whisk and spoon, hand-made ceramic bowl, a 30 gram can of stone ground matcha, and DVD. It is a loving gift.



Environmentally Appropriate Tea Bag, String, Paper, & Ink

Today’s tea bags usually contain toxic epichlorohydrin plasticizer that allows them to be heat sealed. The list of very bad things in tea bag strings is astonishing. Organically grown tea deserves better than being coupled with adulterates. EDEN tea bags do pure tea justice. Everything about the tea bag, from its manila fibers to its 100% cotton string and crimped seal, reflect, and further, the care taken to produce and protect this wonderful tea. Tea bags are oxygen washed without using polluting whiteners. The boxes are made of recycled material and printed using vegetable based inks. The organic tea growers, very pleased with this care for their tea, are grateful, feel appreciated, and are further motivated to continue their work.

Moisture proof envelope

Oxygen washed Manila tea bags, no polluting whiteners



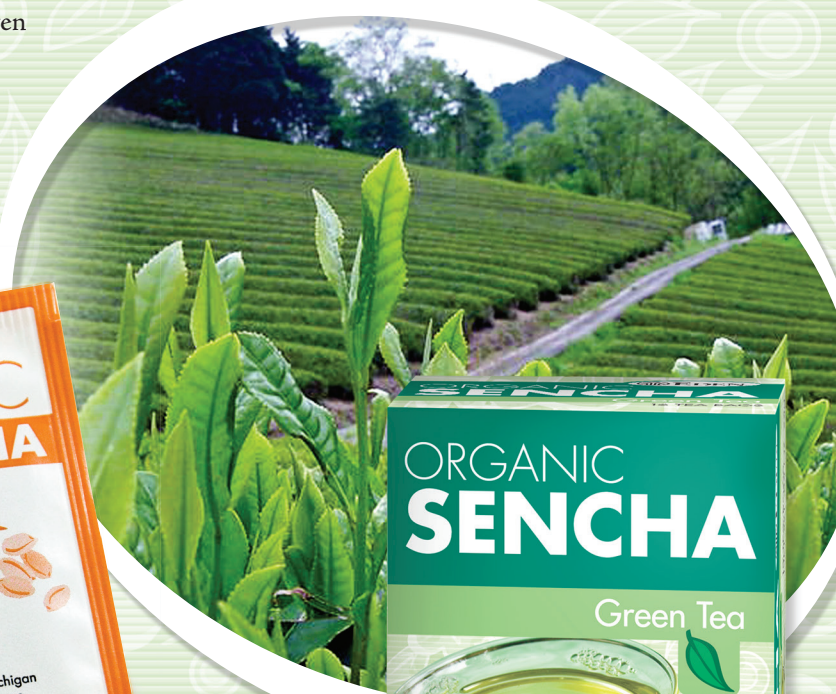
ORGANIC GENMAICHA Green Tea with Brown Rice

100% pure cotton string

Crimp sealed, no plastics (epichlorohydrin) or staples

Individually Paper Wrapped

EDEN TRADITIONAL ORGANIC TEAS



Refresh, Purify, & Soothe Purity Delivers Sparkling Taste.

TEA a Way to Take Health

Tea can be many things, but all true tea stems from the plant *Camellia sinensis*. Tea becomes green, black, oolong, or other varieties solely in the way it is handled, cured, or allowed to oxidize. For Chinese and English black teas the leaves are thoroughly oxidized. For EDEN Sencha - Japanese Green Tea - oxidation is stopped immediately after harvest with a purposeful steaming and rubbing that preserves the bright green of its chlorophyll.

Avoiding oxidation is why green tea is special in its health benefits. Various grades of green tea come from harvests at different times of the year, and from distinct curing methods of it.

Brewing tea takes just a few minutes, but each of them is important. The first phytochemicals released are the acidic, astringent ones. Next come the alkaloid compounds balancing them.

Discerning good tea is wise. It nourishes, refreshes, and provides a reflective antidote to stress. Making time for tea a regular practice is easy with the finest, most rewarding tea that can be found.

EDEN Tea



EDEN Green Tea is grown by the Nagata family on their tea cooperative. These tea growers have used organic management practices on their plantations since 1974. The tea plants growing the tea leaves are the happiest they can be. The Uji region in Kyoto prefecture, about 240 miles southwest of Tokyo, is renown for its green tea. Early morning mists rise from the river and moisten the leaves as they are nourished by the sun.

We have been asked, “Why does EDEN green tea taste so much better than all of the others?” “It must be the 40+ years of natural agriculture, the potent health of the tea plants, and the painstaking excellence in handling the hand harvested leaves that makes it so noticeably better,” is what we share.

Purifying Purity

- From the historic Nagata family tea plantations of Uji Japan, to the fields of golden chamomile in Egypt, we have found the finest and most delightful, pure and purifying teas.
- Grown and cured following strict organic practices, they are fastidiously, traditionally prepared.
- Organic EDEN Teas are classic in every sense and contain absolutely no additives, flavorings, dyes, or other ingredients. (K)

ORGANIC SENCHA

A delicate uplift, Green Tea is the most popular drink in the world. The best grades are the earliest, young Spring leaves near the top of the bush. The fresh leaves are immediately steamed and gently rubbed while they are still warm, then rubbed again after they cool, and dried. This twice rubbing of the leaves preserves their bright green chlorophyll and locks in the flavor and delightful aroma until release into your tea pot or cup. These meticulous methods have been appreciated for centuries and known to be essential in providing the experience sought by tea lovers the world over. EDEN Sencha is a perfect example of why green tea is so universally popular.



ORGANIC SENCHA MINT

A refreshing blend of Japanese organic green tea, Egyptian organic spearmint, and organic peppermint leaves. Mints are traditionally used as calming teas. An array of antioxidants and volatile oils are credited for their fragrance and refreshing cool taste.

Organically grown green tea and mints are tended, harvested, and prepared as they have been for centuries. Blended, they create a pleasurable, refreshing, and soothing tea.



ORGANIC SENCHA ROSE

An alluring blend of Japanese organic green tea, Bulgarian organic rose hips, and Moroccan organic rose petals. A joyful green tea with the subtle sweet aroma and flavor of roses. Deeply relaxing yet uplifting with a broad array of healthy antioxidants. Organically grown green tea and roses are tended, harvested, and prepared as they have been for centuries. Blended, they create delightfully refreshing, satisfying tea. This most cheerful tea is superb whether served steeping hot or ice cold.



ORGANIC SENCHA GINGER

A healthful blend of Japanese organic green tea and Tanzanian organic ginger root. Ginger is a digestive aid, energizing to the circulatory systems with a valuable collection of healthy antioxidants. Ginger is thought to be essential, or a key, to longevity. It is relaxing and warming. Organically grown sencha green tea and ginger root are tended, harvested, and prepared as they have been for centuries.



ORGANIC HOJICHA

When tea leaves have grown back after the Spring harvest, they are picked for Hojicha. They are steamed, twice rubbed, and partially dried, just as they are for Sencha. Before completely drying, they are put in large iron cauldrons to be slowly and repeatedly heated and cooled until an experienced master senses that they are perfectly roasted. This preparation allows subtle and multiple interactions between the iron of the wood fired cauldrons and the leaves. Following the purposeful rubbing, roasting enhances the availability of the beneficial elements in the organically grown leaves and creates a surprisingly delicious tea. In its fullness of flavor Hojicha tends toward English teas, but it delivers smoother, richer, more soothing pleasure.



ORGANIC HOJICHA CHAI

A sparkling blend of roasted organic Japanese green tea leaves and aromatic organic spices from around the world – Indonesia, Guatemala, India, Vietnam, France, and Madagascar, respectively. It is pleasantly fragrant with a medley of spicy, warming, and stimulating flavors. Traditional chai is made with milk and sugar or honey. Vanilla EDENSOY, with its malted organic grain sweetener, works extremely well. Making Hojicha Chai solely in hot water is superbly excellent every time.



ORGANIC KUKICHA

The last tea harvest takes place during autumn. Small twigs, stems, and some dried leaves are trimmed from the tea bushes. These trimmings are steamed to soften them. They undergo four separate roastings in an ancient process using iron cauldrons. A patient and ceremonious roasting slowly develops the distinctive flavor and aroma that has made Kukicha Tea world famous. Kukicha is the lowest in caffeine of traditional teas and is ideal for serving at meals end. A 50-50 blend of brewed Kukicha Tea and organic apple juice is a superlative beverage for children.



ORGANIC GENMAICHA

Roasted organic whole, short grain brown rice is added to Sencha Green Tea. Brown rice is first soaked and then dry roasted. When cooled it is blended with Sencha Green Tea.

A taste of Spring from the tea leaves and the roasted grain, reminiscent of Fall, complement and brighten each other in this most delightful tea. Genmaicha is excellent anytime of year. It has the distinction of being the most popular iced tea during summer months. Try adding a slice of citrus to accentuate its refreshing efficacy.



ORGANIC CHAMOMILE HERB TEA

Harvested just as the blossoms open to capture its optimum golden color, delicate flavor, and pleasing aroma, this time honored herbal tea is popular throughout the world. Its volatile oils, organic acids, and flavonoids are credited for its relaxing, soothing qualities. Caffeine free it is suitable for all age groups and anytime of day. A healthful, relaxing night cap.



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