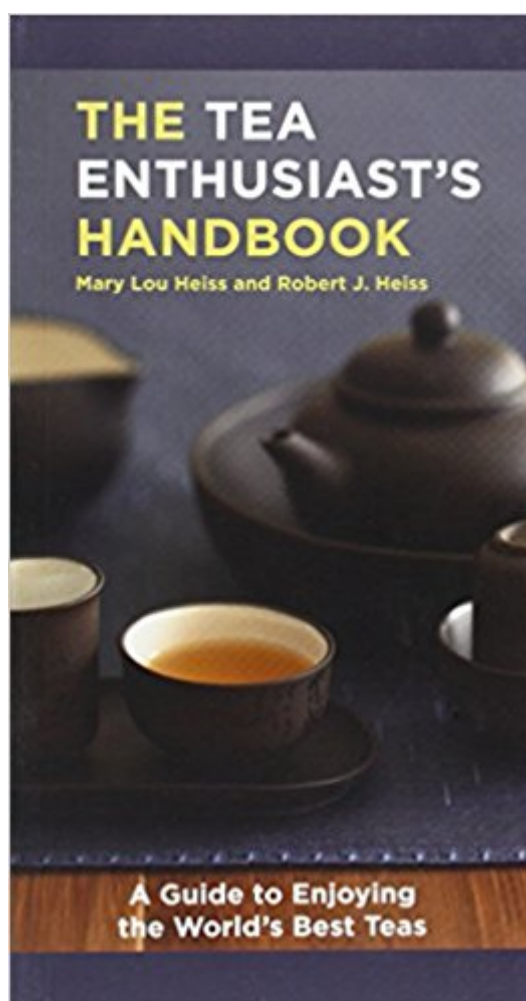


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# The Tea Enthusiast's Handbook: A Guide To Enjoying The World's Best Teas



## Synopsis

**AROUND THE WORLD IN A TEACUP** Did you know that tea is the most widely consumed beverage on the planet after water? Or that all of the world's tea originates from only three varieties of a single plant? While a cup of tea may be a simple pleasure for most of us, there are a dizzying number of tastes from which to choose. And every tea, whether a delicately sweet green tea from Japan or a bracing, brisk Darjeeling black, tells a story in the cup about the land that nurtured it and the tea-making skills that transformed it. In this authoritative guide, veteran tea professionals Mary Lou and Robert J. Heiss provide decades of expertise on understanding tea and its origins, the many ways to buy tea, and how to explore and enjoy the six classes of tea (green, yellow, white, oolong, black, and Pu-erh). Additional advice on steeping the perfect cup and storing tea at home, alongside a gallery of more than thirty-five individual teas with tasting notes and descriptions make *The Tea Enthusiast's Handbook* a singular source of both practical information and rich detail about this fascinating beverage.

## Book Information

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## Customer Reviews

Making the perfect cuppa is not as easy as it may sound. How hot should the water be? How long should the tea steep? What kind of tea should be used in the first place? All pertinent tea-making questions are answered in knowledgeable, buoyant prose in this handy guide. The authors take readers along as they explore the world of premium tea; premium tea, once unknown in the West, is now very popular in the U.S. (Tea, by the way, is the most widely consumed beverage on the planet after water and still proudly maintains its title as the world's oldest

beverage.â •) Guidance is extended to purchasing and steeping tea, but the in-depth discussions of the properties and particular pleasures of the six classes of tea dominate most of the bookâ™s pleasurable pages. Information on tea storage and a glossary round out this excellent introduction to a special world. --Brad Hooper

Empty âœœa map to have in your grasp as you head down the dozens of intricate, interconnected paths that define the landscape of the worldâ™s best teas.â •â "Fresh Cup magazine, December 2010âœœExcellent, concise advice about tea. The Tea Enthusiastâ™s Handbook, a charming guide small enough to fit in a large pocket, brims with enthusiasm. ...The information is essential to appreciation; almost every word bears on taste. The Heisses write with impressive accuracy, having researched and lived the subject extensively.... All tea styles...are given equal attention and value, which is rarely the case in tea literature. ...All is laid out with succinct clarity and precision.â •â "Kevin Gascoyne, *The Art of Eating*, 7/1/10"This book is like a mini encyclopedia dedicated to all things *Camellia sinensis*." â "Imbibe Magazine, March 2010"The Heisses have written a valuable guide." â "Library Journal, 3/15/10"All pertinent tea-making questions are answered in knowledgeable, buoyant prose in this handy guide." â "Booklist, 2/15/10"Rich detail on how to buy, brew, and enjoy the six classes of tea. Questions...are answered with unparalleled passion." â "Tea A Magazine, February 2010âœœThis delightful, pocket-sized edition offers virtually everything one needs to know about selecting, brewing and enjoying the most consumed (after water) beverage on earth.â •â "Gourmet Retailer

This book starts with useful tips for making a perfect cup of tea including brewing times(avoid tap water and `the tea ball'). The authors suggest that those on a `tea journey' take notes including tea name, class, country, exact trade, where purchased, similar teas, and what you like or don't like about a variety. The body of the book is in the description of the 6 classes of tea green (like Genmaicha with toasted Brown rice) or Longjin (one of `China's Ten Famous Teas), yellow tea, white tea, Oolong and Black tea (`Especially delicious are Yunna Black Tea'). Each section includes selected varieties picturing both dry tea and color of a brewed cup. For each variety is a description of the leaf plucking and production methods, and tips for purchasing. A map is including with each tea class, showing the main producing areas, and I plan to take this a step further, buy highlighting on a map when I buy new teas. The glossary is particularly useful, but it didn't include such basic things a defining `Orange Pekoe'. This book will work nicely with your favorite tea vendors (like Upton's or Elmwood Inn) to guide your selections.

I'm working in a very high-end tea shop (NOT Teavana, Adagio, or David's), and this book is required reading BEFORE we start our education program. It is incredibly informative for the beginners, and even those of us who had some tea knowledge walking in to our current employment. I recommend this for people wanting to know more about this wonderful beverage!

I purchased this book after the "Tea Sommelier" left me empty. This is a small book (8.5" x 4.5" and 3/4" thick), but it contains soooooo much good information. I thought I knew a great deal about the different types of teas, cultivation, harvesting, processing, ratings, flavors, grades, etc., but this little book has provided even more information. There is a good bit of info on Korean teas too (not many books offer much info on Korean teas). There are 200 pages. The introduction starts on page one. The Index covers pages 196-200. There is a Glossary on pages 182-191. A list of tea shops/stores/rooms, both mortar-and-brick and online, on pages 192-194 (3-4 businesses each page). Each tea described has a photo of the dry leaf and a top shot of a cup of the liquor. Each of the six tea types (Green, Yellow, White, Black, Oolong, and Pu'erh), has its own color coded tab on edge of pages for easy reference. This book provides sections on how/where to purchase teas (and rates each); a section describes how to brew the perfect cup of each; and how to properly store teas. This is great for beginners because it not only describes the best ways to do each of the above, but WHY it is important to do things a certain way. I purchased this book used, so it made the purchase an exceptional deal on a great tool.

Very good book. Informative, concise, and not full of advertisements or preachy. I liked the way the information was divided up and presented. It give a good idea of some of the more distinctive teas out there and a bit about each class of tea, it's history, brewing methods, and what to look for when buying.

A really excellent guide to the world's best teas. This book covers each of the six classes of tea (white, green, yellow, oolong, black and puerh). It discusses how each kind of tea is made and different regions where each kind is grown. It also contains brewing instructions for each type of tea. The part of the book that I like the best is the description of several examples of each type of tea.

By no means is this book comprehensive. It cannot teach you everything you need to know about every tea. However, it is an excellent handbook that puts a wealth of tea knowledge in to a very

small package. This book is written to a level that draws the line between beginner and professional. It is a good starting place for someone new to tea and it can be a nice brushing up guide for those of us who have been into tea for years. This book is about PREMIUM tea and therefore takes on a note of snobbery. Do not be perturbed. Most great things in life, even the things we take for granted (eg. reading!) is a form of snobbery somewhere in the world - among those who are uninformed. This book helps break that barrier offering you, the beginner, an enjoyable chance to be the informed. Tea is a simple yet extremely complex world and this book offers a good chunk of it in a readable manner with a pleasing format and beautiful photography [important because it parallels the aesthetics of tea drinking]. The professional has something to gain from this book as well, it details tasting (refining your own technique) and brings new information about tea regions. It also puts information in a concise manner that will help you recall all those dusty facts you used to know so well. I liked this book so much I bought two copies. Enough said.

So much info! I love how Mary Lou and Bob share their incredible knowledge while still providing great stories.

A very helpful little reference guide. If/ you only buy one book on tea, buy this one.

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