

Celebrating your favourite brew on International Tea Day

15 Saturday Dec 2012

POSTED BY GERRY LE ROUX IN SPECIAL DAYS

≈ 7 COMMENTS

Tags

beverage, black tea, food, green tea, health, herbal tea, photography, postaday, tea

Today, 15 December, is *International Tea Day*, observed mainly in the world's tea producing countries in the East (Vietnam, Nepal, Bangladesh, Indonesia, India) and Africa (Kenya, Malaysia, Uganda, Tanzania, Malawi) . This is the day when even the coffee lovers among us should acknowledge that other beverage that many, many people enjoy so much.

In fact, after water, tea is said to be the most widely consumed beverage in the world. While its exact origins are unknown, tea drinking was first recorded in China, as early as the 10th century BC. It remained an oriental delicacy until it was first imported to Europe by Portuguese explorers in the 16th century. The habit of tea drinking hit Great Britain around 1660, but only gained widespread popularity with the Brits around the 19th century, from which point they pretty much claimed it as part of their national culture.



Have a cup of green tea, and drink to your health.
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One of the great things about tea is the wide range available. 'Standard' tea, made from the tea plant, *Camellia sinensis*, is available as green tea (made with the unfermented tea leaves) or black tea (made by post-fermented leaves). The tea plant is also used to produce white tea, oolong tea

and pu-erh tea. Then there are all the so-called herbal teas – chamomile, mint, rooibos, rosehip and more. All teas have distinctive flavours; different types of tea can be blended together, and all the teas can be blended with various other additives – herbs, citrus skin, and much, much more.

Chemically, tea is filled with bioactive chemicals – amino acids, vitamins, caffeine, flavinoids, polysaccharides – which have been associated with a range of health benefits, including protection against cancer and cardiovascular disease. Green tea, in particular, appear to have significant protective effects against a range of cancers.

Tea may also boost your immune system and increase your metabolism.

Pretty impressive – maybe I should swop more of my daily coffee shots for some health-boosting tea beverages!

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thoughts on “Celebrating your favourite brew on International Tea Day”

1. *said:***Sid Dunnebacke**

December 15, 2012 at 11:50 am

As a tea drinker, this post fits me... wait for it... to a tea. I've even had rooibos, which I like a lot.

REPLY

o *said:***Sciencelens**

December 16, 2012 at 5:33 pm

Darn, I tried to come up with a clever wordplay, and the best I managed was “not my cup of tea”, which didn’t quite work... To a tea – why didn’t I think of that!?

Rooibos is my favourite – pretty much the standard tea beverage in our house.

REPLY

2. *said:***metan**

December 15, 2012 at 10:41 pm

I have already woshipped at the altar of tea many times today and now you have reminded me that it is good for you I will go back for another

REPLY

o *said:***Sciencelens**

December 16, 2012 at 5:34 pm

Bottoms up!

REPLY

3. Pingback: Staining the seas at the Boston Tea Party « Sciencelens

4. *said:***kris can explain**

December 17, 2012 at 9:50 pm

Reblogged this on Kris Can Explain.

REPLY

5. *said:***Julie K.**

December 18, 2012 at 2:44 am

I agree completely, the wonderful and relaxing qualities of a delicious cup of tee are indisputable. And that is coming from a dedicated coffee person.

I especially love pu-erh for its amazing health benefits and astounding energizing effect if prepared properly – it is a great choice if you want to cut back on the coffee intakes but still need to keep your energy up.

And not to mention that some herbal teas have also great use, for example calming effect of Melissa officinalis tea is amazing, I would definitely recommend it if you want to go without pill assistance.

REPLY

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