



GINGER BOUNCE

(HERBAL TEA - Rooibos means RED BUSH in Afrikaans)

Country of Origin: South Africa

Region: Cederberg

Shipping Port: Cape Town

Grade: Choice Grade #1

Altitude: 1500-2500 feet above sea level

Manufacture Type: Fermentation turns the leaves from green to deep red and gives a slightly sweet note.

Cup Characteristics: Bright clean taste with superb ginger notes. Has a palate refreshing character combined with a fruity touch of spice.

Infusion: Reddish orange to full color (depends on brewing time and quantity used)

Ingredients: Luxury rooibos, Calendula petals, Ginger pieces, Natural flavors.

Information:

Ginger, (Latin: *Zingiber officinale*), is one of the oldest known spices in the world. The sharp flavored root has its roots, pardon the pun, in both India and China, but gets its name from an ancient Indian Sanskrit term *stringa-vera*, which translates into English as "body like a horn". The spice is mentioned in the works of Confucius, the Koran, and various European Medieval cook-books. Ginger grew in popularity because it kept for a long time and was able to survive long trading voyages. The spice subsequently became a frequently traded commodity and at one point was usually offered along with salt and pepper.

Now don't worry, we haven't unearthed, again sorry the pun, a centuries old storehouse of ginger for this tea - we've used a freshly grown variety. And what a tea it is! Blended with the mellow character of South African Rooibos and hints of fruit, the ginger lifts spicy notes that warm the mouth and cleanse the palate. (Incidentally, its palate cleansing qualities make it an excellent alternative to green tea when eating spicy Asian dishes.)

So now, you are probably wondering, since comedic timing generally calls for bad jokes to be told in threes – where is the last pun/bad joke? For that we refer you to the recently published "Tea and Cookies", by noted author Duncan A. Biscuit.

200 ml (about 7 ounces) of brewed Rooibos contains the following nutrients:

Nutrient Function in the Body per 200 ml

Iron (Fe) Essential for transport of oxygen in the blood 0.07 mg

Potassium (K) Assists certain metabolic functions 7.12 mg

Calcium (Ca) Necessary for strong teeth and bones 1.09 mg

Copper (Cu) Assists certain metabolic processes 0.07 mg

Zinc (Zn) Necessary for normal growth and development of healthy skin 0.04 mg

Magnesium (Mg) Promotes a healthy nervous system and other metabolic processes 1.57 mg

Fluoride (F) Necessary for strong teeth and bones 0.22 mg

Manganese (Mn) Assists metabolic processes and bone growth and development 0.04 mg

Sodium (Na) Necessary for fluid and acid-base balance 6.16 mg

Hot tea brewing method: Bring freshly drawn cold water to a rolling boil. Place 1 teaspoon of Rooibos for each cup into the teapot. Pour the boiling water into the pot, cover and let steep for 3-7 minutes. Pour into your cup; add milk and sugar to taste.

Iced tea brewing method: (to make 1 liter/quart): Place 6 teaspoons of Rooibos into a teapot or heat resistant pitcher. Pour 1 1/4 cups of freshly boiled water over the Rooibos. Steep for 5 minutes. Quarter fill a serving pitcher with cold water. Pour the Rooibos into the serving pitcher straining the leaves. Add ice and top-up with cold water. Garnish and sweeten to taste.

