

## HERBAL and FRUIT TEAS

**Bohemia** ~ *Arabian nights captured in this flavourful blend of exotic spice and fruit in a suspension of green and black tea. Persian spices and figs with black and green tea. A refreshing taste on a cold night or a warm day.*

**Fairyland** ~ *Visiting with fairies while having afternoon tea in an enchanted garden in support of troops abroad. Raspberry Fields: The preferred beverage of fairies: dried apple, blackberries, and raspberries with hibiscus, chamomile, and peppermint.*

**Huckleberry Tea** ~ *Named for the granite rock cut of unusual pink colour between Bracebridge and Port Carling. Organic Cranberry and Apple. The two fruits combine in this wonderful burst of flavour. It's great cold in the summer, or add a cinnamon stick and serve warm on cold winter nights in front of the fire.*

**McCulley's Mint Medley** ~ *The McCulleys, early settlers in Port Carling, would definitely approve of this tea. Spearmint, Peppermint and Lavender: Better than chewing mint gum, this combination is for the mint-lover in you!*

**Mrs. Hall's Settlers' Tea** ~ *Named for the family that lived in the log cabin from 1875-1883 in Glen Orchard. If this doesn't settle you, nothing will. Hand blended from ingredients Mrs. Hall would have had in her garden, or gathered in the wild: lemon grass, lemon balm, raspberry and blackberry leaves, elderflowers and elderberries, clover, along with fragrances of lavender and rose petals. A good woman's tea!*

**Obagewanung** ~ *Original First Nations community, now Port Carling. Organic Forest Fruits. A blend of hibiscus, nana mint, blackberry leaves, willow herb, vervain, orange peel, rosemary leaves, blueberry leaves, raspberries, and organic flavoring. A good men's tea!*

**SOUTH AFRICAN ROOIBOS** tea is an excellent source of antioxidants. Lab studies and anecdotal evidence suggest it has numerous health benefits such as cancer prevention, slowing the aging process, and aiding in digestion. Rooibos tea has a low tannin content (only 1-4%), contains no caffeine, is virtually calorie-free, and contains no additives or preservatives. It is safe for pregnant and breastfeeding women, and young children.

**Baisong Rapids Chai** ~ *now a dam, beside the small locks just below the museum. Rooibos Coconut Chocolate Chai: More flavour could not fit into a cup - great for a dessert tea! Chai actually means "tea" in India, and has spices such as cinnamon, cardamon, pepper, cloves, and ginger. Can be served with milk.*

**Muskioki** ~ *Name of First Nations Chief from the Ojibwa of Muskoka circa 1860. Organic Rooibos Cranberry: Red meets red in this superb fruit fusion!*

**Three Sisters** ~ *the First Nations' staple crops- corn, beans and squash- all grown together. Rooibos, Strawberries and Raspberries. blend together in this great-tasting tea.*

# Mrs. Hall's Tea Shoppe

All our teas are fair trade and organic.

We sell our tea in bulk loose leaf form, or by the cup.

**A cup of tea is \$1.00**

**50gms — \$4.00 for all teas**

To bring in our own history we have named the teas for local places, people, cottages and resorts.

## BLACK TEA

**CEYLON** The principal production of tea in Sri Lanka (but the tea is referred to as Ceylon) is of black or fully oxidized tea. The higher the altitude and the earlier the plucking, the more outstanding is the tea. Districts such as Uva, Nuwara Eliya and Dimbula, can be depended upon for very fine teas. Whole leaf grades are highest quality, and broken leaf grades are mostly used in tea bags.

**Holidayer's Resort Tea** ~ *Tea served on the verandah in the afternoon.*

*Organic Classic Earl Grey: High-end Ceylon tea with bergamot and Jasmine blossoms.*

**Fenian Raiders' Tea** ~ *Named for the group of Irish Americans who made skirmishes across the border into Canada. A fort, built in the 1870s to repel them, remains in Port Carling.*

*Organic Ceylon Black: Nuwara Eliya district- not just your average black tea!*

**CHINA** is second only to India in tea production. Oolong, Pu-erh, Keemun and Yunnan are just a few of the black teas produced in the different provinces and districts of China. Chinese teas are often classified by season of picking, personal name, or geographic location. China black teas are grown mostly in the southern provinces, and yield a cup that is fragrant and sweet.

**Jane Austen** ~ *Named after a great English novelist.*

*Keemun, Gunpowder & Yunnan: Three traditional blends from the Orient harmonizing to bring you that perfect pick-me-up cup of tea!*

**Log Roller's Tea** ~ *Log rolling was a technique of balancing on saw-logs going down river, it eventually became a sport.*

*FOP Keemun Yi Hong: Pungent, with lingering sweet tones; a favorite of England and its colonies.*

**Steamboat Tea** ~ *Commemorates the steamers that provided transportation on the Muskoka lakes before the automobile.*

*China Black with Lavender: A lovely organic black with just a hint of lavender and rose.*

**ASSAM** Located in northeast India, Assam is the world's single largest tea-growing region, producing more than 1,500,000 pounds of tea annually. Assam's "tippy teas" are a result of the golden-colored leaves and the harvesting of the second flush crop or rather than the first flush, which reduces the astringency and makes the tea sweet and smooth.

**Boat Builder's Tea ~ Celebrates the numerous boat-builders who made Port Carling famous.** *English Breakfast*. A delightful blend of assams!

**Starlite ~ Honouring the Torrance Barrens Dark Sky Reserve.** *Organic DeCaf Black, Nilgiri FOP*: A high end naturally decaffeinated black tea that makes you sip up and take notice - no flavor compromise here!

**Sugar Shack ~ The traditional building where sap is boiled down into maple syrup.** *Canadian Maple*: Imagine a rustic Canadian sugar shack and the smokey sweet smell rising from its depths suspended in a high end assam tea.

**Voyageur's Tea ~ Celebrating the first white men to travel through Musko-ka.** *Organic Canadian Breakfast*: Ceylon and eAssam blend with Earl Grey.

**DARJEELING**: East Indian black tea. Nestled in the foothills of the snow-covered Himalayan range, Darjeeling grows this exclusive tea at altitudes ranging from 600 to 2,000 meters. The cool and moist climate, the soil, the rainfall and the sloping terrain all combine to give Darjeeling its unique "Muscatel" flavor and exquisite bouquet. Most delicately flavored of all teas, it has acquired the reputation of being the "Champagne of Teas."

**Dippy Tea ~ Named in honor of the Disappearing Propeller Boats made in Port Carling.** *Organic Darjeeling Ambootia*: A first flush tea with muscatel flavors. Add milk and sugar, or try honey instead!

**Runabout: - small narrow hulled boat built in the 1920's for the first out-board motors. Predecessor of the speedboat.** *Darjeeling 2<sup>nd</sup> flush Selimbong* : More pronounced flavor, lingering plum aftertones.

**OOLONG**: The meeting of green and black tea. The name Oolong is derived from the Chinese word "Wu-lung," meaning "Black Dragon." Oolong is a semi-oxidized whole leaf tea that falls between fully oxidized black teas and unfermented green teas. They are processed to be full-bodied teas and are therefore made from larger, more mature leaves. Oolong tea was first produced at Mount Wu Yi Shan in the Fujian province of China around 400 years ago, at the end of the Ming dynasty. These semi-fermented teas can be re-steeped up to 7 times, depending on quality.

**Formosa Island ~ An island on Lake Rosseau.** *Organic Ti Kuan Yin*: A distinctive light cup that hints of orchid. Try this without milk or sugar.

**Loon Island ~ listening to loons calling to one another at dusk.** *Ginseng Green Oolong*: The perfect marriage: ginseng and oolong.

#### **WHITE TEA:**

Only the silvery buds and first leaves are harvested, with almost no oxidization, making it a light, cup full of antioxidants and polyphenols.

**Water Lily: floating between water and sky**

*Pai-Mu-Tan China white*: Light bodied with an airy sweetness

#### **GREEN TEA**

**CHINA** Tea is thought to have originated in China over 4,000 years ago. From China, it spread by seed, and for the most part without the intervention of man, to most other parts of what is now known as the tea-growing world, either directly or in steps from one country to another. Most China teas are produced in the traditional manner: on small family farms. There are over 1,200 varieties of tea grown in China, the majority of which are green and since very few are exported, we are limited to what taste experience we can enjoy.

**Heaven on Earth ~ A local cottage name.** *Organic China Jasmine Monkey King*: A favorite in that country, the Jasmine gives it the exotic flavour.

**Shadowood ~ A century cottage on Lake Joseph, named after a famous speed-boat.** *Organic Chinese Gunpowder*: Hand-rolled, tiny pellets that unfurl as the tea steeps. Refreshingly green!

**Ripple ~ : Newsletter circulated in the 1920's by the Young People's Union around the Port Carling area.** Pearl River organic green; subtle like a ripple of water, a good all day sipping tea

**JAPAN** When compared to green teas from other countries, Japan teas are easily recognized by their rich, dark green leaves. This is a result of steaming the leaves immediately after plucking and then air-drying them to preserve their freshness. This two-step process captures the flavor, fragrance and beautiful color of the leaves. The time that it takes from the leaves being plucked to being processed and packaged is often as little as 45 minutes. The result of this efficient processing is a pleasant and refreshing beverage that is almost like having the leaves plucked directly off of the plant.

**Back of the Moon ~ The Curator's family cottage name when he was a child.** *Organic Lemon Ginger Green*: A perfect blend of lemon, ginger and green sencha.

**Morning Star ~ Often guided people home after their visit to the Polar Star Hotel.** *Japanese Green Hojicha*: Roasted twig tea. Toasty sweetness!

**Polar Star ~ A hotel located on the main street of Port Carling.**

*Kokicha Green*: Poor man's tea made from older leaves and stems – now touted as one of the healthiest!

**Wharerah (ho-ri-raw) ~ Maori name of old family lodge on Lake Rosseau.**

*Organic Green Japanese Sencha*: Smooth, invigorating, light green tea!

#### **HEALTH AND WELLNESS TEAS**

**YERBA MATE** is made from a tree native to South America, the Ilex paraguariensis. The stimulant in yerba mate is called matteine and is easier to absorb than caffeine. Yerba Mate is very high in antioxidants and offers many health properties including: Vitamins B1, B2, A, riboflavin, carotene, colin, pantothenic acid, inositol and 15 types of amino acids. It is also high in potassium, sodium, and magnesium. Yerba Mate is traditionally consumed in South America, but is now enjoyed around the globe due in large part to its health benefits!

**Campfire Tea ~ Evoking memories of sitting around a campfire on starry Muskoka nights.**

*Roasted Maple Hazelnut Mate*: Hearty and robust with roasted hazelnut and maple flavours.