

Tea, Culture and Health: *Bringing Tea into your life!*

CLASS	Lecture titles and subtopics
<p>1 Thurs JUNE 18</p>	<p>History & Evolution of Tea Processing <i>with Sharon Fernandez</i></p> <ul style="list-style-type: none"> • Differences between and characteristics of Chinese, Indian & Japanese Teas • Forms of production and processing these Teas • Ideal preparation methods for brewing to release maximum benefits/flavour • Tea History from East to West: 1,000 years of Tea Trade
<p>2 Thurs JUNE 25</p>	<p>The Red Bush of South Africa: Rooibos Tea <i>with Sharon Fernandez</i></p> <ul style="list-style-type: none"> • Establishment of plantations and trade routes • The effects of the increasing understanding of Tea as a medicine • Forms of Tea throughout Asia • Introduction to the Camellia Sinensis plant
<p>3 Thurs JULY 2</p>	<p>Ginseng's Adaptogenic Qualities and Ayurvedic Perspective on Herbal Teas with <i>Sharon Fernandez</i></p> <ul style="list-style-type: none"> • The risks and benefits of using Herbal infusions for medical purposes • Top 10 herbal Teas to manage common ailments & symptoms today • Importance of source and preparation: tips for the brewer in diagnosis and administration • Introduction to the varieties and qualities of Ginseng available • Special feature focus on Korean Red Ginseng, how it differs from other forms.
<p>4 Thurs JULY 9</p>	<p>The creation of Tea Rituals: Japan & Korea with <i>Rebecca Cragg</i></p> <ul style="list-style-type: none"> • Examination of why the basic ancient forms Tea rituals developed • Nutritional elements of these teas (including scientific research) • Japanese Sencha Tea Ceremony (Tea as Medicine) • The Central Values of the Korean Green Tea Ceremony
<p>5 Thurs JULY 16</p>	<p>Tea Cultures in Mainland Asia: Lotus and Oolong with <i>Rebecca Cragg</i></p> <ul style="list-style-type: none"> • Vietnamese Lotus Ceremony (Tea and its connection to water) • Presentation on the various aesthetics that developed alongside Asian Tea cultures • Chinese Oolong Ritual (Tea as Sensory Journey) • The importance of proper utensils in ideal brewing of teas
<p>6 Thurs JULY 23</p>	<p>Voyage to Yunnan: Puerh Teas with <i>Rebecca Cragg</i></p> <ul style="list-style-type: none"> • cake/brick vs Puerh fermented/non-fermented • medicinal values of Puerh Tea • Introduction to the Tea Horse Road • Traditional Tea Peoples & Porters • Brewing: the Yixing Pots & Dragon Well Water
<p>7 Thurs JULY 30</p>	<p>The Japanese Tea Ceremony <i>with Rebecca Cragg</i></p> <ul style="list-style-type: none"> • Matcha and its health benefits • The Zen tradition of Tea drinking and its influence on Chanoyu • Tea Aesthetics in the Japanese tradition • Whisking techniques; care and FAQ of Japanese Tea preparation

REGISTRATION: Register at Tea and Ginseng: 613-236-5524 or email sharon@teaandginseng.ca for more information.