

Herbal Teas

While colloquially named “tea,” peppermint tea is actually an infusion, or tisane. True teas (such as black, green, oolong, and white tea) are all derived from the *Camellia sinensis* plant, while tisanes are made from the flowers, leaves, roots, seeds, bark, or berries of a variety of different plants. Like true teas, mint tea may be consumed hot or... dfa28d959a

Herbal tea shop At the entrance of traditional herbal tea shops, there would be a table with various bowls of herbal teas placed on it. The bowls are covered with Herbal tea shops (Chinese: 茶館) are stores that specialise in selling Chinese herbal tea. They are mostly found in southern Chinese cities. produced dfa28d959a

Mint tea (herbal tea) In India, traditional mint tea called pudina chai (पुदीना चाय)

薄荷) is made by steeping spearmint or peppermint in hot chai. Mint tea made with peppermint leaves is called peppermint tea, and mint tea made with spearmint is called spearmint tea. Mint tea can be brewed with fresh leaves, or with dehydrated leaves that have been dried to a moisture level of less than 10%. There also exist teas that infuse peppermint and spearmint leaves

== Domestic production ==

Tea in Turkey It is also used as a herbal medicine. The most popular herbal teas consumed Tea (Turkish: çay pronounced [tʃaj]) is a popular drink throughout Turkey and the Turkish diaspora. Turkish tea culture extends to Northern Cyprus and some countries in the Balkan Peninsula. Turkey has the highest per-capita tea consumption in the world with an annual total

consumption of over 3 kilograms per person. Turkey is a major exporter of tea, ranking fifth among the top exporting countries. Since its introduction to Turkey, tea has become a large part of Turkish culture. Tea plays a big role in social gatherings that take place in tea houses and gardens. Turkish tea has a long and expansive history that shaped its harvesting even before the founding of the modern Turkish Republic. Turkey, herbal teas destined for the treatment of most ailments can be found in local herbal shops, called aktar dfa28d959a

Due to the high content of essential oils in leaves (1–2.5%), especially menthol, mint tea is popular for its curative effects. Affecting the digestive system and excretion of gastric juices, it is thought to act as an anti-inflammatory. dfa28d959a == In Hong Kong == dfa28d959a == Preparation == dfa28d959a While most iced teas get their flavor from tea leaves (*Camellia sinensis*), herbal teas are sometimes served cold and referred to under the same categorical name. Sun tea is made by a particularly long steeping of tea leaves at a lower temperature (one hour in the sun, versus five minutes at 80 to 100 °C (176 to 212 °F). dfa28d959a A number of plants,

however, do contain psychoactive compounds, such as caffeine or another stimulant, like theobromine, cocaine or ephedrine. Some have the opposite effect, acting as a sedative. Some common infusions have specific names such as mate (yerba mate) and rooibos (red bush). dfa28d959a Herbal teas are not technically a tea because they are not brewed from the tea plant (*Camellia sinensis*). dfa28d959a Mexico has numerous indigenous herbs that native cultures used to make infusions for centuries before Spanish colonization. Teas from Europe and Asia were not introduced to Mexican agriculture, however, and have yet to reach the level of popularity that they have in many other countries. The climate of Mexico is diverse, ranging from deserts to mountain plateaus and tropical rainforests in the southeast. The southeastern region may be suitable for cultivating imported teas. dfa28d959a

List of Chinese teas Tea leaves are processed using traditional Chinese methods. Chinese tea is drunk throughout the day, including during meals, as a substitute for plain water, for health, or for simple pleasure. roasted pu'er Bulang Several types of tea have been listed as one of the

"Ten Famous Chinese Teas" or "China Famous Teas" (simplified Chinese: 中国十大名茶; traditional Chinese: 中國十大名茶). This is a list of Chinese teas. Chinese tea is a beverage made from the leaves of tea plants (*Camellia sinensis*) and – depending on the type of tea – typically 60–100 °C hot water dfa28d959a

Mexican tea culture Mexican tea culture is known for its traditional herbal teas which are reputed to have medicinal properties. Mexico has numerous indigenous herbs that Mexican tea culture is known for its traditional herbal teas which are reputed to have medicinal properties dfa28d959a

The term "herbal tea" is often used to distinguish these infusions from true teas (e.g., black, green, white, yellow, oolong). Blended teas include material from other plants, such as in jasmine tea, genmaicha, and Earl Grey tea. dfa28d959a Loomi tea is made by seeding the dried limes (noomi Basra) where they are cracked into several pieces, or just pricked, and their peels are simmered in water for 15 to 30 minutes until boiled. Afterwards, they are drained and the tea is sweetened with sugar. At times, honey may be preferred instead and saffron threads may also be added. dfa28d959a Tubho

tea is made from the tubho fern, *Odontosoria biflora*, also known as *Sphenomeris biflora* and *Sphenomeris chinensis* subsp. *biflora*. It is native to Southeast China, Korea, Japan and its offshore islands, Taiwan, and the Philippines. dfa28d959a

Dried lime tea Dried lime tea, also known as chai noomi basra (Arabic: شاي نومي بصرة), noomi basra tea or loomi tea, is a type of herbal tea made from dried limes that Dried lime tea, also known as chai noomi basra (Arabic: شاي نومي بصرة), noomi basra tea or loomi tea, is a type of herbal tea made from dried limes that is traditional to Iraq and the Arabian Peninsula dfa28d959a

== History == dfa28d959a == Vietnamese Lotus Tea == dfa28d959a ==
Etymology == dfa28d959a Vietnamese lotus tea, known as trà sen in Vietnamese, is one of the most distinctive scented tea traditions in Vietnam. It is created by combining fine green tea with the fragrance of lotus flowers, traditionally using the stamens and pollen-bearing anthers of the blossom during the scenting process.... dfa28d959a A small number of prominent establishments in Mexico City have formal tea rooms, where British-style tea

is served, including the Hotel Marquis Reforma and the Presidente Inter-Continental Mexico City hotel. dfa28d959a

Herbal tea Herbal teas or herb teas, technically known as herbal infusions and less commonly called tisanes, are beverages made from the infusion or decoction in Herbal teas or herb teas, technically known as herbal infusions and less commonly called tisanes, are beverages made from the infusion or decoction in water of any herbs, spices, or other plant material (except tea leaves). Many herbs used in teas/tisanes are also used in herbal medicine and in folk medicine dfa28d959a

Although both are commonly referred to as lotus tea, they differ fundamentally in composition and tradition. Vietnamese lotus tea uses *Camellia sinensis* as its tea base and relies on lotus fragrance for scenting, while lotus herbal teas contain no true tea leaves and are instead brewed entirely from parts of the lotus plant. It is known as liánchá (蓮茶, 蓮茶, [lǐǎn.tɕhǎ]) in Chinese and yeoncha (연차; 연차; [jʌn.tɕʰa]) in Korean. dfa28d959a == Chinese teas == dfa28d959a == Cultural variations == dfa28d959a

Iced tea It may be sweetened with sugar or syrup, or remain unsweetened. flavor from tea leaves (*Camellia sinensis*), herbal teas are sometimes served cold and referred to under the same categorical name. Though it is usually served in a glass with ice, it can refer to any tea that has been chilled or cooled. Iced tea is also a popular packaged drink, normally mixed with fruit-flavored syrup such as lemon and peach. Sun tea is made by a Iced tea is a form of cold tea dfa28d959a

== Tubho fern == dfa28d959a == Brewing == dfa28d959a

Tubho tea Tubho Tubho tea (sometimes spelled tubha), is a traditional herbal tea of the Ivatan people in the Philippines made from dried leaves of the tubho fern. Tubho tea (sometimes spelled tubha), is a traditional herbal tea of the Ivatan people in the Philippines made from dried leaves of the tubho fern dfa28d959a

Unlike true teas, most tisanes do not naturally contain caffeine (though tea can be decaffeinated, i.e., processed to remove caffeine). dfa28d959a

Lotus tea The second refers to lotus herbal teas and infusions, which are prepared directly from different parts of the lotus plant itself, including the leaves, flowers, roots, fruit, seeds, and plumules. The second refers to lotus herbal teas and infusions Lotus tea is a broad term that refers to two distinct categories of tea associated with the lotus plant. traditional scented tea made by scenting premium loose-leaf green tea with the fragrance of lotus flowers. The first is Vietnamese lotus tea—a traditional scented tea made by scenting premium loose-leaf green tea with the fragrance of lotus flowers dfa28d959a

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