



# Serendipitea: A Guide To The Varieties, Origins, And Rituals Of Tea

*Tomislav Podreka*

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The pleasures and benefits of tea have been known and enjoyed for close to five thousand years -- after water, it is the most consumed beverage in the world. Yet only in recent years has tea come into its own in the United States; since 1990, tea consumption has doubled.

In *Serendipitea*, Tomislav Podreka, a tea specialist, explores the history and philosophy of tea and shares little-known anecdotes and myths. He takes us on a fascinating journey through the many tea-producing countries, looking at all the various types of tea, their origins and lore, and the distinctive taste, aroma, and leaf of each region. *Serendipitea* focuses on tea rituals from around the world, and looks at how the ceremony of taking tea is integral to so many cultures -- from the revered Japanese "Cha-no-yu" to the classic British "cuppa." Also included are a few recipes of chosen food offerings from each of the countries covered.

The author discusses the important difference in quality between bagged varieties and premium loose leaf teas, advising on the best steeping techniques. He also includes chapters evaluating the latest health benefits associated with tea, as well as herbal infusions and tisanes.

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