

Whenever tea comes into mind one may simply bask in the glory of its aroma, its unique flavor and the energy that it induces in the body once consumed. Produced from a plant called the *Camellia sinensis*, there are a multitude of varieties that are grown in various parts of the world. The classification, of course, is dependent on the region where it was planted, the season when it was picked and the manner in which the processing had been done to yield that typical flavor from each variety produced. Here is a brief look at the myriad of varieties of this popular beverage.

1. **White Tea** . This type of tea is known for its natural sweetness, light hue and unique flavor that yield a delicate, suave taste. White tea is the tea variety that is processed the least. It is merely steamed and then dried and yet is quite popular among the tea aficionados. It contains only 1-2% caffeine - the quantity that is present in a single cup of coffee. White tea has its history deeply rooted in royalty. It was the preferred beverage during the reign of the Chinese Tang dynasty. Dating back to 618 A.D., it was known as the Emperor's Drink and was forbidden to commoners.

From the 19th century onwards, White tea evolved into the well-known Silver Needle Tea and other aromatic variations. Silver Needle Tea is the most refined form of White Tea. Surprisingly, this White Tea is harvested for only two days in a year and is made from carefully handpicked buds. It can also be used for luxury baths as it is considered to be favorable for skin disorders when mixed with honey and other skin powders.

Snow Geisha is another kind of White Tea, comprising of cherries and the best quality buds. It has a mesmerizing aroma that captivates the senses and gives the perfect start to the day.

2. **Green Tea** . This variety is the staple drink of the entire Asian region. It is in fact the most well known tea variety to adorn the tea portfolio. This variety is at times scented with flowers or fruits to yield a magnificent aroma and an exciting taste, which metaphorically speaking gives an instant cosmic recharge!

The processing of Green Tea involves picking of tea leaves, drying, and heat treatment to prevent fermentation. Thereafter, it is further rolled and dried for ready usage.

Green tea's popularity dates back to 1400 when it became the hot beverage of choice, trending among the commoners in Imperial China, before which, it was the brew of the elite.

Just like tea gives a lightning quick jostle to the senses, let us quickly delve into the present day and understand the health benefits of green tea. To know the health benefits of green tea please refer to the link [The 7 wonders of green tea](#).

3. **Black Tea** . Black tea is more of a commodity. It is like the commoner in the tea portfolio. Every drinker would have at some point of time, seen the fine grains of Black tea through the transparent Quick Teabag Dips.

Black tea is a fully fermented preparation of the tea buds. Loose black tea is made from withered tea leaves that are then rolled and fermented for a long duration. Once fermented the leaves are heated. The flavor of this variety is strong and its odor familiar.

The Golden Monkey Black Tea is the best kind among its kind. This variety served at the White House State Dinner in January 2011, during the Chinese Premier's visit to the United States of America. Talk about recent rich history!

Another, very popular Black tea is the Cacao Mint Black tea and the Earl Grey Crème Black tea.

4. **Oolong Tea** . Oolong is a traditional Chinese Tea, its name either derived from its place of origin the Wuyi Mountains or from the name of its founder Wu Liang. It is common to see this type of tea being served in Chinese restaurants. The preparation involves ruthlessly shaking the leaves once picked and then drying them. While drying the edges of the leaves turn red while the surface takes a yellowish tinge as a result of the ongoing fermentation and oxidation process.

A popular type of Oolong tea is the Monkey Picked Oolong tea wherein monkeys trained by the Buddhist monks pick up the tea buds. The resultant tea has a splendid orchid aroma and a silky smooth finish.

Four Seasons Oolong tea is another version of this traditional flavor. This variety has a golden tonality, and a compelling aroma of sweet jasmine, lily and honey. A feat for the tea lovers indeed!

5. **Herbal Tea** . Herbal tea is a mixed variety concocted from dried fruits, herbs, and flowers. It can be made either as brewed leaves or prepared by mixing other tea types, giving it a healing and refreshing taste and aroma.

On the basis of the ingredients used, Herbal tea can be classified as Rooibos tea, Mate tea and Herbal infusion. Rooibos tea is made from a red bush that generally grows in South Africa. Mate tea on the other hand is made from the South American Yerba Mate plant. Herbal infusions, as the name suggests is a combination of flowers, fruits, hibiscus and roseships. Herbs have been used for medicinal purposes since long. However, they were first introduced as a healthy tea variety by the Chinese.

The Wild Orange Blossom herbal tea is one of the most popular herbal infusion teas. Another popular herbal tea is the Strawberry Lemonade herbal tea, which is a combination of strawberry and lemon as its name suggests.

6. **Rooibos Tea** – This variety of tea is made from the South African Red Bush. This tea variety can be consumed as a hot beverage or as delicious and soothing iced tea.

Rooibos tea is sweet by essence. Called as the African red tea, its processing method involves harvesting, grinding, bruising and finally fermenting the leaves.

Rooibos tea was discovered by Swede Botanist Carl Thunberg in the year 1772. Blueberry Bliss and Tropica Rooibos are two of the best types of Rooibos Tea. One can mix Rooibos tea with other tea types such as Herbal tea to obtain a fruity flavored tea.

7. **Mate Tea** . Mate tea is made from the leaves of the Yerba Plant. Mate tea is a favorite among the coffee lovers! The Morning Mate tea is the best variety of Mate tea.

The history of Mate tea is rooted in the South American tribal history that saw the discovery of the Yerba Plant. Mate tea was even called

the drink of the Gods: Some of the best types of Mate teas apart from the Morning mate are the Samurai Chai Mate, the Raspberry Riot, Rock Sugar and Teavana Mate tea.

8. **Blooming Tea** . This variety of tea is also known as the Flowering teas since they bloom as they steep. The blooming teas are often flavored or scented, besides they are beautiful to look at because of their inherent shapely design. They are often used for gifting due to their beautiful color and shape.

A Perfect Cup of Tea!

The word chai rings a bell almost instantly. You would perhaps recall with the bitter sweet pill of nostalgia those dusky evenings when the first drizzle began to brew the smell of earth. Only a quick brew of tea would help to digest such a feeling of warmth and renew freshness.

#Magic Potion

Chai, as we call it, is not just for those magical moments that are few and far between but it is a recharging stimulant that instantly refreshes the mood. It is a favorite beverage of Indians, consumed as bed tea where people tend to sit back and analyze, prioritize their daily work and get ready to hit off the day with great energy and enhanced vigor. It can be consumed during the sluggish afternoons, or with the evening snacks. However, as we all know it there is no right Chai time for Chai is right all the time; often sipped anytime during the day it has an instant effect of relaxation. To cut it short: Let's name it Quick Start for it lets any feeling sink in quicker and recharges the mind to allow it to think clearer and better.

On a lighter note, one can make a very crisp analogy between how spinach makes Popeye's biceps bulge instantly and chai for Indians make them ready to take on any challenge, head on. You just have to imagine that there are compartments of energy, love, passion, bonding inside your heart and every time tea flows through any of these centers they get excited and create moments to be cherished forever. No wonder it is the magic potion!

#Brew of Perfection

It is quintessential to brew that perfect cup of tea as it has a high degree of emotional attachments with people. Unless it is perfect it's not tea! But then how is one to decide which is the perfect cup of tea. Let us take a quick cursory glance at the modicum of moments that are so well garlanded by tea containing the unique tinge for sensorial delights.

##A Tea to Sate Every Indian Mood

The Comfort Tea . Like a painter captures the brilliance of any moment onto the canvass, the comfort tea captures the desire of comfort into a perfect brew and makes a moment out of nothing. Like a genie churns out a dull moment into a cherished one! Sadly it perishes and drives people to brew again.

Analogically speaking comfort tea is like the potion that Ben Whishaw measured, concocted and perfected by delving into the world of beauty to capture the essence of all aesthetics, in the movie Perfume. Not to brew our own trumpet but there are multitudes of tea vendors out there on the Indian roadsides who brew that perfect cup of tea that lets our senses devour the flavor, the aroma and capture the moment forever.

Chai on the railway stations, along the roadsides, at homes, outside offices, and anywhere and everywhere - it is there to sate every mood. To uplift one, to share happy and concerned moments with colleagues, friends, family! It is the Indian sine qua non for social bonding.

#the Choice Tea

Everybody's cup of tea is more different than you think. The health conscious seek out the healthy merits of green tea. While the aficionados would be careful in deciding on their picks ranging from the tea from the North Eastern regions of Assam and Darjeeling and may fuss over the various varieties of First Flush, Second Flush or Autumn Flush. (Flush refers to the season of harvest). Even the proletariat stick to their different favorite brands.

#the Hurried Tea

Living without tea is not a great idea, even to think so is a bad idea in the first place! Without it the Indian subcontinent may just come to a standstill. Chai

after all is the Quick Start button in this part of the world. All you need to do is look around and you will see people stealing a quick cup of tea and hurrying along. This mysterious Quick Start at times can even take place in between a task, when monotony strikes or much needed inspiration is sought. A deadline needs to be reached or miles to travel, you can always quick start with a hurried sip. It even acts as a Quick Start to different moods; all you need is a Teabag and an Electric Kettle.

#Believe It or Not

The British in India were mighty fond of the Indian brew. When they began establishing their administrative machinery across the land, they realized that they loved the way the local people brewed tea in the North Indian hill stations. So much so that they set up local tea vendors in largely unexplored jungles in these hilly regions. These small vending shops were referred to as %Camp for Tea+ for the British sepoy who would stop for breaks while at work. One such hill station, Mussoorie, has its gigantic waterfall Kempty Falls take its name from %Camp for Tea.+ Kam-tea, being a mispronunciation of the words %Camp for Tea+. The Tea vendors still exist and the tea is still the same, perfectly brewed Indian hill style.

Many such anecdotes adorn the Indian History of Tea.

[The 7 Wonders of green tea](#)

1. **Cut Your Cancer Risk:** Different types of Polyphenols · the potent antioxidants green tea's famous for · keep cancer cells from gaining a foothold in the body; by discouraging their growth and then squelching the creation of new blood vessels that tumors need to thrive.
2. **Soothe Your Skin:** Got a cut, scrape, or bite, and a little leftover green tea? Soak a cotton pad in it.
3. **Protect Your Skin:** Green tea applied directly to the skin (or consumed) helps block sun-triggered skin cancer, which is why you're seeing green tea in more and more sunscreens and moisturizers.

4. **Steady Your Blood Pressure:** People who sip just half a cup a day are almost 50 percent less likely to wind up with hypertension than non-drinkers. Credit goes to the polyphenols again (especially one known as ECGC). They help keep blood vessels from contracting and raising blood pressure.
5. **Protect Your Memory:** Aging adults who drink at least two cups a day are half as likely to develop cognitive problems as those who drink less. Why? It appears that the tea's big dose of antioxidants fights the free-radical damage to brain nerves seen in Alzheimer's and Parkinson's.
6. **Stay Young:** About 10 ounces a day, deters your body from absorbing artery-clogging fat and cholesterol.
7. **Lose Weight:** Turns out that green tea speeds up your body's calorie-burning process.