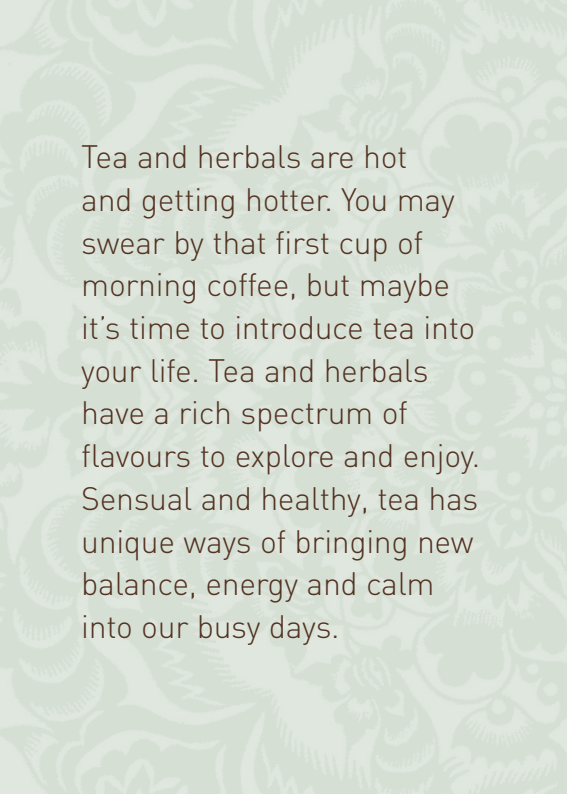


COFFEE LOVERS'
GUIDE
TO TEA AND
HERBALS

KIFKAF

The background of the image is a light green color with a subtle, repeating pattern of stylized floral and leaf motifs. The text is centered and reads:

Tea and herbals are hot
and getting hotter. You may
swear by that first cup of
morning coffee, but maybe
it's time to introduce tea into
your life. Tea and herbals
have a rich spectrum of
flavours to explore and enjoy.
Sensual and healthy, tea has
unique ways of bringing new
balance, energy and calm
into our busy days.

Well Being A high-flyer in the health stakes, research suggests that tea and herbals can be beneficial in preventing heart disease, arthritis and dental cavities as well as protecting against certain cancers.

Energy Levels Caffeine from tea, especially green tea, gives a steady high instead of coffee's big peaks then plunges. Jitter-free and full of Zen-like stimulation, tea's gentle push keeps you going for hours.

Skinny Side-Effect Many flavour-filled teas and herbals are best enjoyed without the props of kilojoule-laden milk and sugar. Add to that the recent discovery that green tea helps burn fat and increases metabolism and you have a delicious new diet secret.

tea choices

You may know your Arabica coffees from your Robustas, and tea also comes with its own interesting starter facts. Black, green and white teas all come from the same plant – *Camellia Sinensis*; the difference is in the processing time. Herbals consist of other plants, occasionally mixing in tea.

Black Historically the most familiar of all teas, black tea is also the most processed of the three tea categories. The most robust in flavour it also contains the highest caffeine levels, but still less than coffee.

Green Now part of mainstream western culture, green tea is less processed and contains a high level of health-enhancing polyphenols. Bursting with antioxidants, the delicate flavour of green tea more closely resembles the tea leaf in its natural state.

White Rapidly gaining popularity with its subtle flavours and beauty benefits, white tea is the least processed of all the three teas. Generally only air dried, white tea also contains the least caffeine.

Herbals Having gone from hippy to happening health drink, herbal blends use a variety of other plants and their different parts – from leaves and flowers to roots and bark.



SEVEN STEPS TO MAKING PERFECT TEA

- 1** Choose a suitable teapot. Subtle and delicate teas are best brewed in a fine china or ceramic pot.
- 2** Wash out your kettle regularly. Constant use can build up mineral deposits, giving an 'off' taste to any water you use.
- 3** When using tap water leave the tap running a few seconds to ensure the cold water is well-oxygenated. Never boil water twice as the oxygen will disappear leaving a 'flat' tasting tea.



- 4** Warm the teapot with hot water then tip it away. The steam left in the pot will bring out the life and flavour of the tea.
- 5** Add tea according to taste – in most cases 1 teaspoon per cup should do.
- 6** Heat the water according to the type of tea. Black teas need water that has just reached boiling point then immediately taken off heat. For green tea and herbals heat water to around 70 or 80 degrees.
- 7** Steep tea for as long as appropriate. Herbals and white tea require between 4 to 10 minutes and black teas between 3 and 5 minutes. Green teas should only brew around 2 minutes to avoid bitterness.



herbals

Using the highest quality certified organic produce, KIFKAF celebrates the crossing of categories to reunite these herbs with tea in creating five health-filled blends.



Tonic Great as an after meal pick-me-up. This sweet and refreshing tea contains raspberry and peppermint to aid digestion and help prevent bloating.



Love Sip on this spicy love potion with someone special. Containing recognised aphrodisiacs such as ginkgo and Siberian ginseng, let the sensual flavours of passion flower and hibiscus take over.



Smile Uplifting tea to cheer you up on 'blue days'. This citrus flavour tea contains St Johns Wort to help have a happy day and Valerian to help get a good night's sleep.



Energy Invigorating tea to help you feel alert and alive. This refreshing mint and lemongrass flavour tea is the perfect breakfast 'wake-up' or whenever you need a quick energy fix.



Zen Relaxing tea to curl-up and contemplate with. Help unwind from the day's stresses and drift into dreaming as you sip on this delicious floral and mint flavour infusion.



Ayurveda

Inspired by the wisdom of this traditional Indian knowledge, KIFKAF uses premium quality certified organic produce to create a wholistic range of teas.



Vata This balancing blend helps to settle a wired mind and gain clarity. Designed for people who tend to be creative, active and restless. They talk and walk fast, then get tired. They also think and worry too much. They enjoy doing too many things at once and are often absent-minded. Calming down with this blend may help restore balance.

Pitta A cool, calm antidote to to 'bad hair' days, this soothing blend helps melt frustrations away. Designed for people who burn with passion and intensity for projects and make natural leaders. However, they can also get angry, jealous and bitter with resentment. Cooling down with this blend, tuning into nature and letting go of control over people or situations may help restore balance.

Kapha This active blend helps get you going on slow days. Designed for people who love and learn deeply. They can be lazy and lethargic – and don't mention change. Being melancholy and too attached to things or people are things they have to watch out for. Revving up with this tea and getting active may help restore balance.

teas

Drawing on the global fascination with tea, KIFKAF presents an exciting cross-cultural range of black, green and white flavours.



Australian Breakfast Pure home-grown pleasure. This blend of Australian teas is hearty and full-bodied, and handles the addition of milk and sugar with grace.



Green Jasmine Needing something to wake you up - without the jitters? This gently refreshing green tea with jasmine helps you remember that you can concentrate after all.



Arabian Mint Want to fly far away? This traditional rolled green tea mixed with refreshing mint will take you there. Drink it hot or cold and dream about the desert.



Celebration Chai Say 'cheers' with this ancient rich and exotic blend. Laced with vanilla, cardamon, citrus peel and cloves, drink it and forget about champagne.



Mountain White Refined and delicate, this is tea to linger over. The least processed of teas, with five times more antioxidants than black tea. In China it's the 'fountain of youth'.



BEYOND THE POT

Be inspired by the texture, colour and flavour of tea with this recipe that transforms tea leaves into a divine melt-in-your-mouth dessert.

moroccan mint granita

Reminiscent of the traditional sweet tea served after a North African meal, this granita is made with green tea and mint – refreshing and delicious!

YOU WILL NEED:

- 2 cups water
- 1 1/2 tsp green gunpowder
(or KIFKAF's Arabian Mint)
- 1/4 cup chopped fresh mint leaves
- 1/4 cup plus 2 Tbs sugar
- mint leaves to decorate

In a pan, bring water to boil. Add the tea and mint leaves. Cover and let steep 5 minutes. Strain tea into another container, and add sugar to taste – the flavour should be quite sweet. Let cool to room temperature.

Pour the tea mixture into loaf pan and put in the freezer. (If you have an ice cream maker use that instead.) Wait 30 minutes, remove pan from the freezer and stir to break up the ice crystals. Return to the freezer.

Repeat the process every 30 minutes over a period of 1 ½ to 2 hours, until the ice acquires a firm, smooth consistency.

To serve, scoop into glasses and decorate with mint leaves.

For best flavour, serve the granita the same day you make it.



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contemporary teaware and accessories

AUSTRALIA