

# village teas

## Black Tea

Unlike coffee, black tea has both stimulating and calming benefits and has been shown to help relieve stress and induce a calm state of mind despite its caffeine content. It has also been found to positively impact cardiovascular health.

### Royal Organic English Breakfast

Organic premium black tea blend. (full-bodied, yet smooth)

### Simply Earl Grey

Black tea and natural bergamot flavor. (well balanced, flavorful and bold taste)

### Curiously Cranberry

Black tea, cranberry pieces, hibiscusflower and flavor. (tart-sweet scent of juicy cranberries)

### Spice Route Chai

A blend of black tea, cardamom, cinnamon, ginger root, black pepper and clove. (richly aromatic, dessert in a cup)

## Oolong Tea

Long enjoyed for its digestive properties in asian cultures, oolong is thought to enhance weight loss efforts as part of a regime of healthy eating and exercise.

### Ginseng

A unique rolled Chinese green oolong (renshen) with licorice and ginseng root (eluthero root). (well proportioned, and pleasingly refreshing)

### Ginger Orange

Chinese dark oolong, ginger root, dried orange pieces, and orange essence. (sweet, yet tart, fresh-pick orange taste)

### Winter Spiced

Chinese oolong tea, cinnamon chips, rose petals, orange peel, and orange flavor essence. (one of a kind limited blend, to be enjoyed fireside)

## Green Tea

Green teas are packed with antioxidants, proven to ward off damaging free radicals, which are linked to aging and disease. Studies indicate that potential benefits range from increased bone density to possible cancer prevention.

### Gentle Organic Lemon Ginger

Organic chinese green tea (guo lu), organic ginger root, organic lemongrass, and organic lemon myrtle. (tasty and invigorating)

### Sassy Green Tea with Acai

Chinese green tea, ginger, flavor, orange peel, peach pieces, chillies, cloves, safflower, and acai. (rich flavors of grapes and blueberries, full of antioxidants)

### Smooth Jasmine

Chinese green tea and jasmine flower petals. (light, smooth brew, sweet and aromatic)

### Zesty Orange Sencha

Green tea, orange peel, flavor, and orange flowers. (tropical twist on this healthy alternative to soda,tangy and vibrant)

### Minty Fresh Organic

Organic Chinese green tea, and organic peppermint leaf. (full bodied and refreshing)

## White Tea

A perennial favorite in Asia and China, white tea is an antioxidant powerhouse, with nearly ten times the antioxidants in Vitamin E. Studies indicate that white tea may help fight the effects of aging, increase bone density, help lower cholesterol and inhibit the development of cancer cells, as well as enhancing immune function.

### Classic Organic White

Organic Chinese white tea (bai mu dan) (smooth, fresh and medium bodied with mellow notes, pure delicate brew)

### Strawberry Passion

Chinese white tea, flavor, and strawberry pieces. (fruity sweetness of fresh-picked strawberries)

## Rooibos

A naturally caffeine free herb found only in South Africa, Rooibos has long been used as a digestive aid and is thought to promote restful sleep.

### Cherry Me Bloom

South African Rooibos, sour cherry, lemongrass, flavor, acai, and sunflower petals. (lively vivacious combinations that bring out a mouthwatering sweet brew)









### Sweet Grace Vanilla

South African Rooibos, and flavor. (elegant, rich brew)

### Cucu-Mint Organic Green

Organic green Rooibos, peppermint and cucumber. (extremeley fresh, intriguing and distinctive bright fragrance)

## health information legend

 caffeine free	 weight management
 heart health support	 natural energy
 cold and flu fighter	 antioxidants
 digestion support	 immune support

caffeine content from 1 to 5 with 5 being the highest

