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# 19 Lessons On Tea: Become An Expert On Buying, Brewing, And Drinking The Best Tea



## Synopsis

Learn Everything You Need To Know About Tea The world of premium quality tea is every bit as complex and fascinating as wine, and 19 Lessons On Tea is the ultimate guide to everything you need to know about this healthy and flavorful daily indulgence. Are you interested in learning about tea but don't know where to start? Do you want to impress your friends or business associates with your knowledge? Have you been drinking tea for a while but want to round out your knowledge or become a true connoisseur? Or do you simply want to walk into your local tea shop and know enough to order something you'll enjoy? If you're new to tea, we guarantee you'll walk away from our lessons feeling confident enough to talk tea with the most experienced tea experts. You will gain immediate fundamental knowledge of purchasing, brewing, and consuming the best teas as you read through each lesson. If you're already knowledgeable about tea, you'll still pick up a few new bits of information along the way. 19 Lessons on Tea is a comprehensive tea guide that will help you gain a thorough understanding of the drink. This book primarily covers premium loose leaf tea served hot, but provides information on all major styles of tea.

## Book Information

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## Customer Reviews

This book describes every type of tea, & it was so interesting and easy to read that I couldn't put it down! It covers black, green, oolong, white, yellow & Pu-erh (which are the teas from the camellia sinensis plant); and then their sub-categories: Darjeeling, English Breakfast, Earl Grey, Ceylon, etc. It also includes flavored teas, such as chai, mint and jasmine; and finally herbal teas, such as

Rooibos, chamomile, etc. It even talks about iced tea and how to make it in several different ways! At the end of each type of description, it includes a brief history of tea, which you also can't help but read because that too is very interesting. I really love this book and will keep it as my reference book of teas!

This is a good book if you do not know that much about teas. But if you already drink loose teas this will not have much new information for you. However it is a short book, and the price was right. I am happy that I read it even though it had only a little more information than I already thought I knew.

I have been buying and drinking tea for many years. Now, after reading this short book, I know how much I didn't know about properly selecting, brewing, and even drinking that tea. This book explains subjects such as why the grade of tea matters, how different types of tea are produced, why loose tea tastes better and can be more economical than tea bags, which teas should or should not have added sweetener/milk/lemon juice, and how to properly brew the various types of teas. It addresses black tea, green tea, yellow tea (didn't even know there was such a thing!), white tea, pu-erh (didn't know about that one either!), and herbal teas. This book is a keeper.

Thousands of books have been written on tea cultivation and production, the cultural aspects of tea, and even particular utensils used to prepare and serve it. "19 Lessons on Tea" provides a good overview of the the world's most popular beverage, after water, in nineteen easy-to-read chapters. The basics of tea production, the wide range of tea varieties, and various aspects of brewing and serving tea are covered along with some interesting historical and cultural tea trivia. Even tisanes and the health aspects of tea are discussed. The book is compact and the chapters are focused enough so that an index isn't really needed but a bibliography and footnotes would be helpful to readers wanting to go beyond the basics and explore any of the many fascinating aspects of tea in greater detail. A copy was provided by the publisher for unbiased review.

I am on a short trip in London and I thought i would learn more about my favorite drink. I like how each lesson gives you something to thing about, new ways to explore tasting and preparing tea. I will shop the London tea scenes with knowledge now. Great information and very easy to read. Highly recommend for tea lovers and anyone who wants to learn more about tea.

Informative and well written, the book provides a basic knowledge of tea types, rituals, processing,

and origins of teas, both herbal "real."

By the time you read this book you will probably already know how to brew tea. I found this book entertaining because it teaches you a bit about the history of tea all while explaining each type of tea even herbal teas. After reading this short book you will probably have a new appreciation for tea. I had heard of most of the teas but never heard of yellow tea. I recently tried Pu-erh tea and really loved it so there are always new teas and tea blends to consider. It was interesting to learn that some tea plants produce tea for 40-100 years. This book also explains why you may prefer loose tea and why you might want to try Jasmine tea with Tupelo honey. I'm convinced. Although I mostly drink Chai tea I did find myself getting curious about all the types of tea in this book that I haven't tried. I'd like to try Dragon Well green tea as it sounds delicious. While reading it was fun to find out who first added milk to tea and why you should never reboil water when making tea. I can highly recommend this book as it was a great education.~The Rebecca Review

Before reading 19 Lessons... I thought myself fairly knowledgeable about the fundamentals of tea. Not to say I'm anywhere near an expert, but I was pleasantly surprised that this book offered me some more insight than I had expected to gain. In that regard, this book is a very fair starting read for anybody interested in learning a little more beyond the basics of tea - and I can guarantee all beginner to intermediate tea enthusiasts will learn a thing or two from this piece. It offers a well-rounded starting point and brief look into the growing, cultivation, processing, sale, and proper preparation into the major categories of tea (green, yellow, white, oolong, pu-ehr, black and herbal). It informs readers on some really pertinent facts about each type and presents brief histories, and some trivia, at the end of each chapter. It covers the basics of brewing and steeping methods, accessories, rituals, rarities, and the like. After reading through the entire book, I found myself recognizing popular blends and regional teas while browsing different tea shops where before I had no idea what they meant (for example, gunpowder green tea or lapsang souchong). Where the book falls a bit short is in the writing, which is somewhat elementary and dull, and its only very brief coverage of other popular tea types like rooibos and yerba mate. The plus side is that it's a very quick read and well organized, packing a lot of information in a small amount of time, making it a great reference to carry around while looking for teas to try. The information presented in 19 Lessons... is fundamentally sound for anybody who wants a starting point to greater knowledge.

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