



The Tea Mistress, LLC ~ Events, Specialty Teas, Herbs, Tea Accessories
www.TheTeaMistress.com

TEAS IN STOCK AS OF 8/2/18: *All teas, herbs, spices and sweets are tax-free! Prices listed below do not include shipping and handling.*

BLACK TEA

Black tea is oxidized and dried after picking, giving it a rich, bold, strong flavor that is great with or without cream and sweeteners. Caffeine level: medium to high

Bananas Foster Black: Ingredients: Sri Lankan Black tea, Banana pieces, Sunflower and Calendula petals, Natural flavors. Blended in Canada. Price: \$3.25 per ounce.

Blackberry Black Tea: Ingredients: Ceylon black tea, natural blackberry flavor, blackberry leaves. Price: (loose) \$3.50 per ounce; (teabag) 5 bags for \$3.25, 15 bags for \$9

Blueberry Black Tea: Ingredients: Ceylon black tea, natural blueberry flavor, raspberry leaves, dried blueberries. (loose) Price: \$3.75 for 1 ounce, \$5.50 for 1.5 ounces, \$7.25 for 2 ounces.

COMING SOON! **Butterscotch Crumpet Black Tea, a Tea Mistress original blend!** If you're from Philadelphia, you probably grew up on butterscotch-flavored "tasty cake" enrobed spongecakes! This tea is an homage to those tasty snack cakes, whose name we won't mention, because it's trademarked! Price TBA.

Caramel Dream Black Tea: Ingredients: Rooibos, black tea, cacao nibs, allspice, chamomile, pepper, caramel flavor. (loose) Price: \$4 for 1 ounce, \$6 for 1.7 oz, \$7.75 for 2 oz.

Ceylon Black Tea: Ingredients: Ceylon F.B. Orange Pekoe black tea from Lumbini Estate, Sri Lanka. (loose) Price: \$4 per ounce. **TEMPORARILY OUT OF STOCK!**

Citron Black: Ingredients: Black tea, orange peel, lemon flavor. Price: \$3.75 for 1 ounce; \$5.50 for 1.5 oz, \$7.25 for 2 oz.

Cookie Dough Black Tea: Tastes as good as it sounds, but gluten-free and calorie-free! Ingredients: Orange Pekoe Ceylon Black Tea, calendula and chamomile petals, natural flavors. (loose) Price: \$3.50 per ounce.

Cream Earl Grey: Ingredients: black tea, natural bergamot and cream flavor, calendula petals. (tea bags): 5 for \$3.25, 10 for \$6.50, 15 for \$8.50, 20 for \$10.

Creamsicle Black Tea: Ingredients: black tea, orange peel, coconut, marigold petals, vanilla & orange flavors. (loose) \$4 for 1 ounce, \$6 for 1.5 ounces, \$8 for 2 ounces.

Currant Black Tea: Ingredients: Ceylon black tea, natural currant flavor, raspberry leaves. (loose) \$3.75 for 1 ounce, \$5.50 for 1.5 ounces, \$7.25 for 2 ounces.



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Dark Chocolate Cherry Black Tea: Ingredients: Black tea, cranberry, cherry, cacao nibs, safflower, chocolate & cherry flavors. (loose) 1 oz (7-8 cups): \$4, 1.5 oz: \$6, 2 oz (approx. 15 cups) \$8

Earl Grey Teabags: Ingredients: Ceylon black tea, orange peels, natural bergamot flavor, blue cornflowers. Price: (teabags) 5 teabags for \$3.25, 10 teabags for \$5.50, 15 teabags for \$8.50

Organic Earl Grey: Organic Ingredients: black tea, natural bergamot flavor. Price (loose): \$4 per ounce.

NOW IN TEABAGS TOO! Organic English Breakfast Tea: Ingredients: Organic black teas from China, India, Sri Lanka, Tanzania (flowery broken orange pekoe, flowery orange pekoe) Price: \$4 per ounce. (loose) ; (teabags) \$3.50 for 5 teabags, \$6.50 for 10 teabags

Ginger Peach Black Tea: Ingredients: black tea, ginger, safflower petals, papaya & apple pieces, peach flavor. Price: \$4 for 1 ounce, \$6 for 1.5 oz, \$7.75 for 2 ounces.

Hazelnut Black Tea Bags: Ingredients: Black tea, natural hazelnut flavor, hazelnuts. Price: 5 bags for \$3.25, 10 bags for \$5.50, 15 bags for \$7.50 **ALLERGEN ALERT: CONTAINS TREE NUTS!**

Lavender Crème Earl Grey: Ingredients: black tea, lavender flowers, orange peels, blue cornflowers, natural bergamot, lavender and crème flavors. (loose tea): Price: \$3.75 for 1 ounce, \$5.50 for 1.5 ounces, \$7.25 for 2 ounces.

Lemon Black Tea Bags: Ingredients: Ceylon black tea, natural lemon flavor. Price: (teabags) 10 bags for \$3.25

Lingonberry Black Tea Bags: Ingredients: Ceylon black tea, natural lingonberry flavor. Price: 10 bags for \$3.

Organic Mango Black Tea: Organic Ingredients: Sri Lankan black tea, calendula, osmanthus petals, Natural Flavors. (loose) Price: \$4 per ounce.

Maple Black Tea: Ingredients: Ceylon black tea, calendula & sunflower petals, organic-compliant natural flavors, maple syrup. (loose) Price: \$3.75 for 1 ounce, \$5.50 for 1.5 ounces, \$7 for 2 ounces.

Mint Black Tea: Ingredients: Ceylon black tea, peppermint leaves, organic-compliant natural flavors. (loose) Price: \$3.75 for 1 ounce, \$5.25 for 1.5 oz., \$7 for 2 ounces.

Monk's Blend (Vanilla Grenadine) Black Teabags: Ingredients: Ceylon black tea, natural vanilla and grenadine flavors. (tea bags) 10 bags for \$3.25

Organic Monk's Blend (Vanilla Grenadine) Black Tea: Ingredients Organic Ceylon black tea, natural vanilla and grenadine flavors. (loose) \$4.25 for 1 ounce, \$6 for 1.5 ounces, \$8 for 2 ounces.



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Peach Apricot Black Tea: Ingredients: Flowery Pekoe Grade Ceylon Black Tea, Calendula and Osmanthus Petals, Natural Flavors. (teabags) Price: 10 bags for \$3.25

Organic Peach Apricot Black Tea: Organic Ingredients: Ceylon Black Tea, Natural Peach and Apricot Flavors. (loose) \$4 per ounce.

Orange You Glad? A Tea Mistress Limited Edition Original Blend Ingredients: Ceylon Black Tea, orange peel, Sri Lankan cinnamon, pink peppers, lemon & cinnamon flavor. Price: \$4 per ounce.

Oriental Spice Black Tea Bags: Ingredients: Black tea, natural spice flavor, orange peels, cinnamon bark, ginger root, cardamom, cloves Price: 5 bags for \$3.25, 10 bags for \$5.50, 15 bags for \$7.50

Pineapple Black Tea Bags: Ingredients: Ceylon black tea, natural flavor. (Teabags) 10 bags for \$3

Pumpkin Spice Black Tea Bags: Ingredients: Black tea, cinnamon bark, natural pumpkin spice flavor, ginger root, cloves, marigold flowers, cardamom. Price: 5 bags for \$3.25, 10 bags for \$5.50, 15 bags for \$7.50

NEW FORMULA! Raspberry Black Tea: Ingredients: Ceylon black tea, blackberry leaves, rose petals, dried raspberry pieces, natural flavors. (loose) Price: \$3.50 per ounce.

Rose Black Tea: Ingredients: Black tea, natural rose flavor, rose petals. (loose) Price: \$4 for 1 oz., \$5.75 for 1.5 oz., \$7.50 for 2 oz.

Russian Caravan Organic Lapsang Souchong: Ingredient: Organic butterfly lapsang souchong China black tea (loose) \$4.50 per ounce. **ONLY 2 OZ LEFT IN STOCK!**

Spicy Cinnamon Black: Ingredients: Ceylon Black Tea, Sri Lankan cinnamon, pink peppers, flavors. Price: \$3.75 per ounce.

Strawberry Black Teabags: Ingredients: Ceylon black tea, natural strawberry flavor, strawberries, raspberry leaves. (teabags): Price: 5 bags for \$3.25, 10 bags for \$5.50, 15 bags for \$7.50

Thé des Moines: *Individually wrapped cotton sachet teabags from Palais des Thés of France, flowery blend from Tibet.* Ingredients: Green tea from China and Vietnam, black tea from Sri Lanka, jasmine green tea, flavor, marigold petals, vanilla bits. Price: 75 cents per sachet, \$7 for 10 sachets.

Turkish Black Tea (loose) Price: \$3.25 for 1 ounce, \$4.75 for 1.5 oz.

Wake Up! High-Caffeine Tea: Ingredients: Toasted yerba maté, black tea, cacao nibs, cinnamon bark, kola nuts inclusion, safflower petals. Price: (loose) \$3.75 for 1 ounce, \$5.25 for 1.5 oz., \$7 for 2 ounces.

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MASALA CHAI Indian Spice Tea *Contains caffeine unless otherwise noted.*

Accidental Alchemy: *Conceived and hand-blended by Tea Mistress Alexandria, this is Thai Chai with a twist! Brews into a lovely teal color that turns purple with lemon or lime!* **Ingredients:** Butterfly Blue Pea Flower, black tea, lemongrass, cinnamon bark, ginger root, cardamom pods, dried coconut, natural coconut flavor. (loose) **Price:** \$5 per ounce.

Chocolate Chai: **Ingredients:** Ceylon black tea, chocolate flavor, spices. **Price:** 5 bags for \$3.25, 10 bags for \$5.50, 15 bags for \$7.50

Cochin Masala Chai: **Ingredients:** Black tea, ginger, cinnamon, cardamom, black & white pepper, clove, nutmeg. (loose) **Price:** \$4.25 for 1 ounce, \$6 for 1.5 ounces, \$8 for 2 ounces.

Decaf Chai: **Ingredients:** Decaffeinated black tea, ginger, cinnamon, cardamom, black & white pepper, clove, nutmeg. (loose) \$3.50 per ounce.

Organic Firefly Chai (caffeine-free): **Organic Ingredients:** ginger root, vanilla beans, red rooibos, cardamom, nutmeg, cloves, cinnamon. **Price:** \$4 per ounce.

Kama Sutra Chai: **Ingredients:** Black tea from India and Kenya, ginger, cinnamon, cardamom, black & white pepper, flower petals (jasmine, rose lavender), clove, nutmeg. (loose) **Price:** \$8 per 2-ounce package.

TEMPORARILY OUT OF STOCK

Oriental Spice Black Tea Bags: **Ingredients:** Black tea, natural spice flavor, orange peels, cinnamon bark, ginger root, cardamom, cloves **Price:** 5 bags for \$3.25, 10 bags for \$5.50, 15 bags for \$7.50

Pumpkin Spice Black Tea Bags: **Ingredients:** Black tea, cinnamon bark, natural pumpkin spice flavor, ginger root, cloves, marigold flowers, cardamom. **Price:** 5 bags for \$3.25, 10 bags for \$5.50, 15 bags for \$7.50

Spiced Apple Chai: **Ingredients:** Black tea, cinnamon bark, ginger root, cardamom, orange peels, cloves, apple pieces, natural apple and cinnamon flavors. **Price:** (loose) \$4 per ounce. (teabags), 5 bags for \$4, 10 bags for \$7.50, 15 bags for \$11. **ONLY ONE 5-PACK LEFT IN STOCK!**

Thai Coconut Lemongrass Chai: **Ingredients:** Coconut black tea, cinnamon bark, ginger root, cardamom pods, lemongrass, dried coconut. (loose) **Price:** \$4 per ounce.

Thai Chai Iced Tea Pouches: One pouch makes 1 quart of iced tea. *Caffeine Level: Medium.* **Ingredients:** Coconut black tea, cinnamon bark, ginger root, cardamom pods, lemongrass, dried coconut. **Price:** 2-pack for \$3.50; 4-pack for \$6.50, 8-pack for \$13.

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Tulsi Organic Holy Basil Chai: (caffeine-free) Organic Ingredients: holy basil tulsi rama, cinnamon chips, ginger root, cardamom pods and seeds, vanilla beans, long pepper, fennel. Certified Kosher. Price: \$4 per ounce.

Organic Turmeric Chai: (caffeine-free) Organic Ingredients: ginger, cinnamon, turmeric, cardamom, fennel seeds, vanilla, cloves, black pepper, cayenne. Price: \$4 per ounce.

PUERH TEA:

Also known as puer, pu'er, pu-erh, fermented tea, or "post-oxidized" tea, this is a traditional Chinese black tea that has been processed in a special way that causes it to ferment with bacteria, similar to wine and cheese. This tea increases in value and flavor with age. It's an "acquired taste" redolent of earth and compost, but once you get used to the strong flavor, you'll be hooked! Studies have shown that the natural statins in puerh may help reduce cholesterol. In Asia, it is traditionally enjoyed with dim sum and purportedly helps with digestion of heavy, greasy foods. It's recommended that you "rinse" your puerh leaves with freshly boiled water just before steeping and drinking. Puerh can be steeped 3-9 times, so you will really get your money's worth from this tea!

NEW! Xantou Mandarin Puerh: This is puerh tea from China stuffed inside a mandarin orange peel, which imbues the tea with its natural flavor as it ages. Price: \$7 each.

OO LONG TEA

Oolong, or "baked" tea, is semi-oxidized. It's lighter than black tea but darker than green tea. The oxidation (or baking) gives it a special flavor. It contains a moderate amount of caffeine.

Formosa Oolong: A darker Taiwanese oolong. (loose tea) \$3.75 for 1 ounce; \$5.50 for 1.5 ounces.

Grapefruit Oolong: Ingredients: Taiwanese oolong tea, natural grapefruit flavor, orange peels, marigold flowers. (loose) Price: \$4 per ounce.

Oolong Orange Blossom: Ingredients: Ceylon black tea, Chinese green tea, Chinese oolong tea, jasmine petals, natural flavors. (loose tea): Price: \$3.50 per ounce.

NEW FORMULA! Peach Oolong: Ingredients: Chinese ti quan yin oolong tea, dried mango and peach pieces, plum and calendula and safflower petals, natural peach flavor, Price: (loose) \$4.50 for 1 ounce., \$6.50 for 1.5 ounces, \$8.50 for 2 ounces.

Peach Oolong Iced Tea Pouches: Ingredients: Taiwanese oolong tea, natural peach flavor, dried apples & apricots, marigold petals. Price: \$3.50 for two 1-quart pouches.

Organic Ti Quan Yin "Slimming" Oolong Teabags: Lighter oolong from Fujian, China; closer to a green tea. (tea bags) Price: \$4 for 5 bags, \$8 for 10 bags, \$12 for 15 bags, \$16 for 20 bags.

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Watermelon Oolong: Ingredients: Oolong tea from Fujian, China, Papaya pieces, Plum + Safflower petals, Natural flavors. (Organic Compliant). Price: \$4.50 per ounce.

GREEN TEA

Green tea is steamed after plucking in order to stop the oxidation of the leaves, so it retains a fresh vegatal flavor. It's high in antioxidants and generally contains less caffeine than black, oolong or white tea.

Blueberry Green Teabags: Ingredients: Sri Lankan green tea, natural flavors. (teabags) 10 bags for \$3.25

Organic Chrysanthemum Relax Green Tea Discs: Each disc makes 3-4 cups and can be steeped 3 times. Ingredients: Organic Chinese green tea, organic chrysanthemum petals. Price: \$8 for 4 discs, \$16 for 8 discs.

Citrus Green Teabags: Ingredients: Green tea from China, orange peels, marigold flowers, natural lemon and orange flavor. (teabags): Price: 5 bags for \$3.25, 10 bags for \$5.50, 15 bags for \$7.50.

Cucumber Melon Green: Ingredients: Green tea, cucumber slices, natural watermelon flavor. Price: (loose): \$3.75 for 1 ounce, \$5.50 for 1.5 ounces, \$7 for 2 ounces.

Organic Dragonwell Green Tea: The high-quality Chinese green tea leaves can be steeped up to three times, and even added to a salad or stir-fry. (loose) Price: \$4 per ounce.

“Earl Green” – Earl Grey Green Tea: Ingredients: Chinese green tea, orange peels, natural bergamot flavor, blue cornflowers. (loose) Price: \$3.75 for 1 ounce, \$5.25 for 1.5 ounces, \$7 for 2 ounces.

Genmaicha Teabags from Sugimoto America: Ingredients: Green tea from Japan, toasted rice. Price: \$10 for 20 teabags.

Organic Ginger Regenerate Tea Discs: Each disc makes 3-4 cups and can be steeped 3 times. Organic Ingredients: Chinese green tea*, Ginger pieces*. Price: \$12 for 6 discs; \$20 for 10 discs.

Superior Gunpowder: A strong, intense green tea from China, the leaves which are tightly rolled during processing. (loose) Price: \$3.25 per ounce.

Hojicha (Roasted Japanese Bancha Green Tea): (loose) Price: \$3.75 for 1 ounces, \$5.50 for 1.5 ounces, \$7 for 2 ounces.

Hojicha Teabags from Sugimoto America: Ingredient: Roasted green tea from Japan. Price: \$10 for 20 teabags.



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Organic Jasmine Gold Dragon Teabags: Ingredients: Organic Chinese green tea & jasmine buds. (tea bags):
Price: \$3.25 for 5 silken tea bags, \$6.50 for 10, \$9 for 15 silken bags, \$11.50 for 20 silken tea bags.

Kenyan Purple Leaf Tea: *Just add lemon and watch tea turn purple!* Ingredient: Ethically sourced purple-leaf green tea from Kenya. Price: \$3.50 per ounce. (loose)

Kukicha Japanese Twig Tea (loose): Price: \$3.25 per ounce.

Kyoto Sencha Cherry Rose: Ingredients: Japanese sencha green tea, cherry flavor, rose petals. Price: (loose): \$3.50 per ounce.

Organic Lemon Green Antioxidant Gallon Iced Tea Bags: Ingredients: organic green tea, lemon pieces. One bag of makes 1 gallon of iced tea! \$3 per individual tea bag.

Lemon Meringue Green Tea: Ingredients: Green tea, apple pieces, natural lemon flavor, marigold flowers, natural vanilla flavor, natural crème flavor. Price: \$3.75 for 1 ounce, \$5.50 for 1.5 ounces, \$7 for 2 ounces (loose)

Long Island Strawberry Sencha: Organic Ingredients: Chinese sencha-style green tea, strawberry and papaya pieces, natural flavors. Price: (loose) \$3.50 per ounce

Mango Festival Green & White Tea: Ingredients: green tea, white tea, marigold, papaya, rose petals, cornflower, pineapple, flavor. 1 oz. \$4, 1.5 oz \$6, 2 oz \$8

Maple Walnut Green Tea: Ingredients: Green tea, organic rooibos, walnuts, maple & walnut flavors. (loose): \$4 per ounce (7-8 cups). **Allergen alert: contains walnuts!**

Organic Moringa Green Tea “Overcome Breast Cancer” Gift Box *from Daokrajai Lanna Fine Teas of Thailand.* Box contains 20 teabags in a sustainable mango wood canister, a paper caddy/envelope to take your teabags on the go, a breast self-exam refrigerator magnet. Organic Ingredients: green tea, moringa leaf. Price: \$50 per gift box, with 30% of the proceeds going to The Rose, a non-profit organization in Houston, Texas that provides breast cancer screening and health resources.

Moroccan Mint Green Tea: Ingredients: China gunpowder green tea, spearmint, rose petals. Price: \$4 per ounce.

Orange Pineapple Green Tea: Ingredients: Green tea, dried pineapple pieces, orange and pineapple flavor. (loose) Price: \$3.75 for 1 ounce, \$5.50 for 1.5 ounces, \$7.25 for 2 ounces.

Organic Osmanthus Green Tea: Organic Ingredients: Chinese green tea, Peach Osmanthus petals, organic peach flavor. (loose) \$4 per ounce. **ONLY 1 OZ LEFT IN STOCK!**



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Paris for Her: *Individually wrapped cotton sachet teabags from Palais des Thés of France.* Ingredients: Chinese green tea, raspberries, blue mallow flowers, rose and sunflower petals, natural flavors (red fruits, rose lotus, lychee, raspberry). Price: 75 cents per sachet, \$7 for 10 sachets.

NEW! Raspberry Green Tea (loose): Ingredients: Green tea from Hunan China, Raspberry pieces, Natural flavors. Price: \$3.75 for 1 ounce, \$5.50 for 1.5 ounces, \$7 for 2 ounces (loose)

Raspberry Green Teabags: Ingredients: China green tea with dried raspberry bits and raspberry flavor. (tea bags) 5 bags for \$3.25, 10 bags for \$5.50, 15 bags for \$7.50

Sencha Teabags from Sugimoto America: Ingredient: Sencha green tea from Japan. Price: \$10 for 20 teabags.

Tangerine Citrus Green Tea: Ingredients: Organic Green tea, tangerine peels, orange peels, safflower, lemongrass, flavor. (loose) Price: 1 oz. \$3.75, 1.5 oz \$5.50, 2 oz \$7.25

Thé des Moines: *Individually wrapped cotton sachet teabags from Palais des Thés of France, flowery blend from Tibet.* Ingredients: Green tea from China and Vietnam, black tea from Sri Lanka, jasmine green tea, flavor, marigold petals, vanilla bits. Price: 75 cents per sachet, \$7 for 10 sachets.

Thé du Hammam: *Individually wrapped cotton sachet teabags from Palais des Thés of France.* Ingredients: Chinese green tea; berry, orange blossom and date flavors; blue mallow, red rose and sunflower petals. Price: 75 cents per sachet, \$7 for 10 sachets.

MATCHA:

Matcha is a powdered Japanese green tea that is traditionally used in Japanese Tea Ceremony. It's gaining popularity in the West due to its health benefits and smooth texture. A cooking-grade matcha can be used in smoothies and baked goods, while a high-quality ceremonial-grade matcha should be enjoyed by itself.

Organic Ceremonial Matcha from Nature's Blueprint: A high grade of thin tea for tea ceremony or everyday use. This tea is best enjoyed plain with no sweetener or milk. Price: 30-gram tin for \$27.

Chocolate Matcha (unsweetened) from Adagio Teas: This matcha comes from Uji, Kyoto, and is a first harvest, spring tea. No sugar added. Ingredients: Matcha green tea, natural chocolate flavor. Price: 2-ounce tin for \$29 (Just \$1.16 per cup!) **ONLY 3 LEFT IN STOCK!**

Organic Cooking-Grade Matcha from Aiya: This is a slightly lower grade of organic matcha, suitable for cooking, baking and smoothies. A 100-gram package is \$25 and comes with a free recipe pamphlet! **ONLY 3 LEFT IN STOCK!**



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Organic Matcha Single-Serve Packs from Touch Organic: one gram of Chinese matcha (powdered green tea) makes one serving. Price: 50 cents each.

(See Teaware & Accessories section for bamboo matcha whisks, bowls and scoops.)

WHITE TEA

White tea is the least processed of all teas. White tea's flavor and color ranges from pale, delicate and subtle to darker, stronger green-tea-like flavor. Contrary to popular belief, white tea is NOT a low-caffeine tea: it actually has a higher caffeine content than black tea!

Cinnamon Pear White: Ingredients: white tea, cinnamon, rose & safflower petals, cranberries, flavor. (loose) Price: \$3.75 for one ounce (makes 7-8 cups), \$5.25 for 1.5 ounces, \$7 for 2 ounces.

Jasmine Silver Needle: Young and tender Silver Needle tea buds from China are enhanced by the intoxicating fragrance of night-blooming jasmine flowers. Price: \$6.50 for ½ ounce, \$9 for ¾ ounce, \$12 for 1 ounce

Mango Festival Green & White Tea: Ingredients: green tea, white tea, marigold, papaya, rose petals, cornflower, pineapple, flavor. 1 oz. \$3.50, 2 oz \$7

Pomegranate Apple White: Ingredients: white tea, cinnamon, rose & safflower petals, cranberries, flavor. (loose) Price: \$4 per ounce.

Rice Pudding White Tea: Ingredients: white tea, cinnamon, raisins, coconut, apple, flavor. (loose) Price: \$4 per ounce.

DECAFFEINATED BLACK AND GREEN TEA:

The delicious flavor of black tea without the caffeine content! These are flavored black and green teas naturally decaffeinated by CO2 process. Also look under our "herbal" category for caffeine-free teas.

Decaf Apricot Black Tea: Ingredients: Decaffeinated Ceylon black tea, apple pieces, natural apricot flavor, apricots, marigold flowers. (loose) Price: \$4.25 for 1 ounce, \$6 for 1.5 ounces, \$8 for 2 ounces.

Decaf Black Currant Black Teabags: Ingredients: Decaffeinated Ceylon black tea, Blackberry leaves, Cornflower petals, Natural black currant flavor. (tea bags). Price: \$5 for 10 bags; \$10 for 20 bags.

Decaf Chai: Ingredients: Decaffeinated black tea, ginger, cinnamon, cardamom, black & white pepper, clove, nutmeg. (loose) \$3.50 per ounce.



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Decaf Hazelnut Cinnamon Crème Black Tea: Ingredients: Decaffeinated Ceylon black tea, cinnamon bark, orange peels, cacao nibs, marigold flowers, natural flavors (hazelnut cinnamon, crème). (loose) Price: \$4.25 for 1 ounce, \$6 for 1.5 ounces, \$8 for 2 ounces.

Decaf Orange Spice Black Teabags: Reminiscent of Bigelow's Constant Comment, but without the caffeine. Ingredients: Decaf Ceylon black tea, Cinnamon, Orange pieces, Natural flavors. (tea bags) \$5 for 10 bags

ICED TEA POUCHES:

You asked for it, we've got it! Southerners know that there's nothing more refreshing on a hot day than a nice cold glass of iced tea! It's good any time of year though, and it's great with a meal. These convenient pouches make a quart or a gallon of iced tea via the traditional or cold brew method.

Apricot Green Iced Tea Pouches: 1 pouch makes 1 gallon of tea. Ingredients: green tea, apple pieces, natural apricot flavor, apricots, marigold flowers. Price: \$3.50 each.

Organic Black Iced Tea Pouches: Ingredient: Organic black tea. Price: \$3.50 per one-gallon pouch.

Organic Bella Coola Iced Fruit Tea Pouches. Organic Ingredients: Apple + Rosehip + Chicory root + Orange pieces, Blackberry leaves, Hibiscus petals, Natural pineapple and orange flavor. Just one pouch of makes 1 gallon of iced tea! Price: \$3.50 per individual tea pouch.

Organic Berry Berry Iced Fruit Tea Pouches. Organic Ingredients: Hibiscus petals, Apple + Elderberry + Strawberry pieces, Blackberry leaves, Natural flavors. Just one pouch of makes 1 gallon of iced tea! Price: \$4 per individual tea pouch.

Blood Orange Herbal Iced Tea Pouches: One pouch makes 1 quart of tea. naturally caffeine-free. Ingredients blood orange peels, hibiscus flowers, and rose hips. Price: 2-pack for \$3.50; 4-pack for \$6.50, 8-pack for \$13.

Darjeeling Mint Iced Tea Pouches: Ingredients: Darjeeling black tea, peppermint. One pouch makes 1 gallon of tea. *Caffeine level: medium.* Price: \$4 per gallon pouch.

Organic Hibiscus Revive Gallon Iced Tea Bags: Ingredient: Organic hibiscus petals. One pouch makes 1 gallon of iced tea! Price: \$3.75 for a 1-gallon pouch, \$7 for 2 1-gallon bags.

Organic Lemon Green Antioxidant Gallon Iced Tea Bags: Organic Ingredients: Green tea from Kenya, dried lemon pieces. One pouch of makes 1 gallon of iced tea! Price: \$3 per individual tea pouch.

Organic Mango Black Iced Tea Pouches: One pouch of makes 1 gallon of iced tea! Ingredients: Organic black tea, natural flavors. Price: \$3.50 per individual tea pouch.



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Peach Oolong Iced Tea Pouches: Taiwanese oolong tea combines with natural peach flavor for a summery taste! Price: 2-pack for \$3.50; 4-pack for \$6.50, 8-pack for \$13.

Raspberry Black Iced Tea Pouches: One pouch makes 1 gallon of iced tea! *Caffeine Level: Medium/High.*
Ingredients: Black tea, natural raspberry flavor, raspberries, raspberry leaves. Price: \$3.50 per gallon.

Rooibos Vanilla Iced Tea Pouches: *Caffeine-free.* One pouch makes 1 quart of iced tea! Ingredients: South African rooibos, vanilla flavor. Price: 2-pack for \$3.50; 4-pack for \$6.50, 8-pack for \$13.

BACK IN STOCK! Strawberry Kiwi Herbal Iced Tea Pouches: *Caffeine-free.* One pouch makes 1 gallon of iced tea! Ingredients: Apple + Rosehip + Strawberry pieces, Hibiscus petals, Natural flavors. Price: \$3.50 per gallon.

Thai Chai Iced Tea Pouches: One pouch makes 1 quart of iced tea. *Caffeine Level: Medium.* Ingredients: Coconut black tea, cinnamon bark, ginger root, cardamom pods, lemongrass, dried coconut. Price: 2-pack for \$3.50; 4-pack for \$6.50, 8-pack for \$13.

Dark Roast Yaupon Iced Tea Pouches *from Lost Pines Yaupon Tea of Austin, Texas:* A step beyond organic, it's wild harvested! Delicious hot or iced! Yaupon is has less caffeine than most teas, and more theobromine (the same mood-enhancing molecule in chocolate), plus it's packed full of antioxidants! Dark Roast is a stronger flavor. Price; \$11 for 4 half-gallon iced tea bags.

Light Roast Yaupon Iced Tea Pouches: *from Lost Pines Yaupon Tea of Austin, Texas:* A step beyond organic, it's wild harvested! Delicious hot or iced! Yaupon is has less caffeine than most teas, and more theobromine (the same mood-enhancing molecule in chocolate), plus it's packed full of antioxidants! Light Roast has a milder flavor. Price: \$11 for 4 half-gallon iced tea bags.

YERBA MATÈ AND YAUPON – CAFFEINATED HERBAL TEAS

Yerba matè is a South American herb containing caffeine. It has a leafy vegetal flavor. You can enjoy it hot or cold, with or without milk and sweetener.

Yaupon holly is a plant that grows in Texas. It's a traditional Native American caffeinated beverage that is just now being rediscovered! If you're a coffee drinker, you'll enjoy the robust flavor of yaupon.

Green Mate: The closest to its natural unprocessed state. Drink plain or sweetened. Blend with mint and steep, or mix steeped mate tea with fruit juice or milk. (loose) \$3.50 per ounce

Mocha Nut Matè: This toasted tea is flavored with notes of chocolate and hazelnut. (bags) \$8.50 for 15 silken tea bags; \$3 for 5 silken tea bags.



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Mint Yerba Mate: *Hand-blended by The Tea Mistress.* Traditional yerba mate blended with peppermint and spearmint. (loose) \$3.25 per ounce.

Dark Roast Yaupon *from Lost Pines Yaupon Tea of Austin, Texas:* A step beyond organic, it's wild harvested! Delicious hot or iced! Yaupon is has less caffeine than most teas, and more theobromine (the same mood-enhancing molecule in chocolate), plus it's packed full of antioxidants! Dark Roast is a stronger flavor. Loose: 1 ounce for \$8, 2 ounces for \$11. Teabags: \$11 for 20 single-serve teabags; \$11 for 4 half-gallon iced tea bags.

Light Roast Yaupon: *from Lost Pines Yaupon Tea of Austin, Texas:* A step beyond organic, it's wild harvested! Delicious hot or iced! Yaupon is has less caffeine than most teas, and more theobromine (the same mood-enhancing molecule in chocolate), plus it's packed full of antioxidants! Light Roast has a milder flavor. Loose: 1 ounce for \$8, 2 ounces for \$11. Teabags: \$11 for 20 single-serve teabags; \$11 for 4 half-gallon iced tea bags.

FLAVORED ROOIBOS AND HERBAL TEA/TISANES (naturally caffeine-free herbs, spices, plants and fruits)

NEW! Bella Coola: Ingredients: Apple + Rosehip + Chicory root + Orange pieces, Blackberry leaves, Hibiscus petals, Natural pineapple and orange flavor. (teabags) Price: \$3.75 for 5 teabags, \$6.50 for 10 teabags

Organic Bella Coola Iced Fruit Tea Pouches. Organic Ingredients: Apple + Rosehip + Chicory root + Orange pieces, Blackberry leaves, Hibiscus petals, Natural pineapple and orange flavor. Just one pouch of makes 1 gallon of iced tea! Price: \$3.50 per individual tea pouch.

Organic Berry Berry Iced Fruit Tea Pouches. Organic Ingredients: Hibiscus petals, Apple + Elderberry + Strawberry pieces, Blackberry leaves, Natural flavors. Just one pouch of makes 1 gallon of iced tea! Price: \$4 per individual tea pouch.

Blood Orange Herbal Iced Tea Pouches: One pouch makes 1 quart of tea. *caffeine-free.* Ingredients: blood orange peels, hibiscus flowers, and rose hips. Price: Just \$1.50 per quart pouch.

Butterfly Blue Pea Flower: Amazing color-changing herbal tea changes from bright blue to purple when you add lemon! Price: \$4 per ½ ounce, \$6 for ¾ ounce (makes 8-10 cups)

Chocolate Mint Rooibos: *caffeine-free* Ingredients: South African rooibos, peppermint leaves, calendula petals, pieces of cacao bean, natural chocolate flavor. (loose) \$4 for 1 ounce, \$5.75 for 1.5 oz, \$7.50 for 2 ounces.

Dark Chocolate Blood Orange Rooibos: Ingredients: rooibos, cocoa nibs, orange peels, safflower, rosehips, flavor. (loose): 1 oz. \$4, 1.5 oz, \$6, 2 oz \$8



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ESSENTIEL DE LAVANDE- Infusion Purifiante: Purifying Organic Herbal Tea from France. Ingredients: Organic French lavender, thyme, verbena. Price: \$16 per box of 15 pyramid teabags.

ESSENTIEL DE LAVANDE- Infusion Apaisante: Soothing Organic Herbal Tea from France. Ingredients: Organic lavender and verbena. Price: \$16 per box of 15 pyramid teabags.

ESSENTIEL DE LAVANDE- Infusion Digestive: Organic Herbal Tea from France. Ingredients: Organic Lavender and Rosemary. Price: \$16 per box of 15 pyramid teabags.

Organic French Evening: *A Tea Mistress Original Blend!* Organic ingredients: spearmint, linden, rose petals, lemon verbena. Price: (loose): \$5 per ounce.

Organic Green Rooibos: Ingredient: Organic unprocessed South African rooibos. (loose) Price: \$3.50 per ounce.

Hibiscus: nothing but hibiscus flowers, imported from Egypt! Price: \$3.75 for 1 ounce, \$5.50 for 1.5 ounces, \$7.25 for 2 ounces.

Organic Hibiscus Revive Gallon Iced Tea Bags: One bag of caffeine-free organic hibiscus (Jamaica flower) petals makes 1 gallon of iced tea! Price: \$3.50 per gallon tea bag.

Lavender Peach: Ingredients: Lavender, rose petals, marigold, cornflower, organic apple, papaya, flavor. Price: \$4 per ounce.

Organic Lemon Rooibos Herbal Tea: Organic Ingredients: Lemon verbena, green rooibos, lemon balm, lemon peel, lemongrass, organic lemon flavor. (loose) Price: \$4 per ounce.

Lemon Vanilla Rooibos: Ingredients Organic rooibos, organic apples, organic lemongrass, lemon peels, flavor. (loose) Price: \$4 per ounce.

Organic Peppermint *Caffeine-free and certified Kosher.* (loose): \$4 for 1 ounce, \$5.75 for 1.5 ounces, \$7.50 for 2 ounces.

NEW! Organic Peppermint Teabags: Ingredient: Organic peppermint grown in USA. Price: \$4 for 5 bags, \$6.75 for 10 bags.

BACK IN STOCK! Piña Colada (Loose): Ingredients: apple, rosehips, pineapple, coconut, hibiscus, natural flavors. ****Allergen Alert - Coconut Contains Sulfites.** \$4 for 1 ounce, \$5.75 for 1.5 oz, \$7.50 for 2 ounces.



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NEW! Raspberry Lemon Verbena (loose): Ingredients: apple pieces, lemon verbena, lemongrass, hibiscus, lemon peel, raspberry pieces, cornflower petals, natural flavors. Price: \$3 per ounce.

Red Berries: Ingredients: apple, elderberries, currants, rosehip peels, blackberries, raspberries, flavoring, hibiscus, sour cherry pieces. (loose) Price: \$5 for 1 ounce, \$7.25 for 1.5 oz, \$9.50 for 2 ounces. **ONLY 2 OUNCES LEFT IN STOCK!**

Rooibos Vanilla Iced Tea Pouches: One pouch makes 1 quart of iced tea! Ingredients: South African rooibos, natural vanilla flavor. Price: 2-pack for \$3.50; 4-pack for \$6.50, 8-pack for \$13.

Rooibos Vanilla Teabags: One bag makes 1 cup of tea. Ingredients: South African rooibos, natural vanilla flavor. Price: \$3 for 5 bags, \$9 for 15 bags.

Sour Apple Hibiscus: Ingredients: rose hips, hibiscus, apple pieces, natural apple flavor. Price: \$4 for 1 ounce, \$6 for 1.5 oz, \$8 for 2 ounces.

Organic Spearmint (Yerba Buena): *Caffeine-free and certified Kosher.* (loose) Price: \$3.25 per ounce.

Spring in Paris Rooibos: Ingredients: Rooibos, safflower, cornflower & calendula petals, , natural flavors, nut oil, candy bits (sugar, rice flour, corn starch, arabic & cellulose gum, confectioners glaze, carrageenan, soy lecithin, artificial colors & flavors) (loose) Price: \$3.75 for 1 ounce, \$5.25 for 1.5 oz, \$7 for 2 ounces.

Storytime Boxed Set of Caffeine-Free Children's Teas: 3 tins of teabags in flavors kids will love (45 teabags total)! Price: \$30

Strawberry Dream: Ingredients: organic hibiscus flower, organic apples, orange peels, rose petals, organic rosehips, cardamom pods, malva flower, flavor. (loose) 1 oz. for \$3.75 (approx. 7-8 cups), 1 ½ oz. (approx. 10-12 cups) \$5.50, 2 oz. for \$7.50 (approx. 16 cups).

BACK IN STOCK! Strawberry Kiwi Herbal Iced Tea Pouches: *Caffeine-free.* One pouch makes 1 gallon of iced tea! Ingredients: Apple + Rosehip + Strawberry pieces, Hibiscus petals, Natural flavors. Price: \$3.50 per gallon.

Strawberry Lemonade: Ingredients: rosehips, apple, marigold, strawberry & lemon flavors. (loose) 1 oz. for \$4 (approx. 7-8 cups), 1 ½ oz. (approx. 10-12 cups) \$6, 2 oz. for \$8 (approx. 16 cups). **TEMPORARILY OUT OF STOCK**

Treehouse Boxed Set of Caffeine-Free Children's Teas: 3 tins of teabags in flavors kids will love! Price: \$30

Organic Tulsi Holy Basil Chai: Tulsi, or tulasi (also known as Holy Basil), is a variety of basil from India that is used in traditional Ayurvedic medicine for all types of ailments. Organic Ingredients: holy basil,



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cinnamon chips, ginger root, cardamom pods and seeds, vanilla beans, long pepper, fennel. Certified Kosher. Price: \$4 per ounce.

Organic Turmeric Chai: Organic Ingredients: ginger, cinnamon, turmeric, cardamom, fennel seeds, vanilla, cloves, black pepper, cayenne. (loose) Price: \$4 per ounce.

Turmeric Ginger Rooibos: Ingredients: rooibos, apple, fenugreek, cardamom, lemon, black pepper, cinnamon, clove, ginger, turmeric, flavor. (loose) Price: \$4.50 per ounce/\$6.75 for 1.5 oz/\$8.75 for 2 oz.

Vanilla Lemongrass: Ingredients: Lemongrass, organic apples, orange peels, raisins, currants, natural flavor. (loose) 1 oz. \$4, 1.5 oz \$5.75, 2 oz. \$7.50.

Verbena Orange Mint Herboriste: French herbal tisane from **Palais des Thés** of France. *Individually wrapped cotton sachet teabags.* Ingredients: verbena, mint, orange flavor. Price: 75 cents per sachet, \$7 for 10 sachets.

ESSENTIEL DE LAVANDE- Infusion Apaisante: Soothing Organic Herbal Tea from France. Ingredients: Organic French lavender, thyme, verbena. Price: \$16 per box of 15 teabags.

MEDICINAL HERBAL TEAS/TISANES*

Certain herbs have been used by people all over the world for centuries for their alleged medicinal properties. While their medicinal value may not have been proven (or even researched) by modern science, one thing is for sure: they can still be enjoyed for their flavor! **All medicinal herbs are caffeine-free unless otherwise noted.** **These statements have not been evaluated by the U.S. Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any diseases. Consult your healthcare practitioner prior to using any herbal product.*

Arthritis Relief Herbal Blend: Ingredients: turmeric root, fennel, bamboo leaves, orange peel, elder flowers, linden flowers, cardamom, dandelion leaves, burdock root, natural flavors. Price: \$4.50 per ounce

Organic Blue Vervain: Price: \$3.50 per ounce.

Chamomile Tea Bags: Price: 10 teabags for \$3.25

Organic Damiana Leaf: Price: \$3.50 per ounce

Organic Egyptian Chamomile: Price: \$3 for ¾ ounce, \$6 for 1 ½ ounce.

Circle of Life Ingredients: cinnamon, apple, rooibos, ginger, raspberry leaves, fennel seed, chamomile, cardamom pods, clove, orange peel, black pepper, juniper berries, dandelion, flavor. (loose) Price: \$4 for 1 ounce, \$6 for 1.5 ounces, \$8 for 2 ounces.



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Organic Cramp Bark: Sourced from Croatia. (loose) Price: \$4.50 per ounce.

BACK IN STOCK! Dandelion Leaf: (loose) \$3.50 per ounce.

Echinacea & Roots Immuni-Tea: A must for cold and flu season, this herbal blend contains several herbs reputed to have anti-viral and anti-bacterial properties.* Ingredients: Pau d'Arco bark, organic Echinacea purpurea root, organic dandelion root, organic cinnamon chips, organic burdock root, sassafras bark, organic ginger root, organic stevia leaf. *Caffeine-free and certified Kosher.* (loose) Price: \$4.50 per ounce.

Organic Elder Flowers: Traditional folk medicine for colds and coughs. Price: \$3.50 per ounce.

NEW! Energy Mate Teabags: **CONTAINS CAFFEINE!** Ingredients: Green mate, Lemongrass + Spearmint leaves, Ginkgo + Ginseng + Nettle pieces, Calendula + Cornflower + Sunflower petals. (teabags) Price: \$3.50 for 5 bags, \$6.50 for 10 bags.

Organic Essiac Blend: This special herbal formula was created by Canadian nurse Renee Caisse for her cancer patients. **DISCLAIMER:** *These statements have not been evaluated by the U.S. Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any diseases. Consult your healthcare practitioner prior to using any herbal product.* Organic ingredients: burdock root, sheep sorrel powder, slippery elm bark powder, turkey rhubarb root. (loose) *Caffeine-free and certified Kosher.* Price: \$15 for 4-ounce bag (2-week supply). **TEMPORARILY OUT OF STOCK**

Organic Ferti-Tea: Organic Ingredients: spearmint leaf, lemon balm, nettle leaf, dandelion leaf, raspberry leaf, oatstraw, alfalfa leaf, ginger root, lemon peel. **CAUTION:** Avoid raspberry leaf during first trimester of pregnancy if you have a history of miscarriage. *Caffeine-free and certified Kosher.* (loose) Price: \$4.25 per ounce.

Organic Feverfew: (loose) Price: \$4 per ounce

Organic Forests Blend: Organic ingredients: cinnamon bark, fennel seed, licorice root, orange peel, elecampane root, echinacea purpurea, marshmallow root, white oak bark. *Caffeine-free and certified Kosher.* (loose) \$4.50 for 1 oz, \$6.50 for 1.5 oz, \$8.50 for 2 ounces.

Organic French Evening: *A Tea Mistress Original Blend!* Organic ingredients: spearmint, linden, rose petals, lemon verbena. Price: (loose): \$5 per ounce.

BACK IN STOCK: Ginger Pieces: Origin: Thailand (loose) Price: \$4.50 for 1 oz, \$6.50 for 1.5 oz, \$8.50 for 2 ounces.



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Goodnight: Ingredients: Valerian root, passion flower, lemon balm, fennel seed, peppermint, anise, rosemary, rose hips, marigold. Caution: not recommended for long-term use or by pregnant or nursing women. (loose) Price: 1 oz \$4; 1.5 oz \$6, 2 oz \$8.00

Organic Healthy Heart Tea: Organic Ingredients: hawthorn leaf & flower, lemon balm, rosehips, dandelion leaf, ginkgo leaf, oatstraw, bilberry fruit, hawthorn berries, ginger root, lemon peel, motherwort, meadowsweet flower. *Caffeine-free and certified Kosher.* (loose) Price: \$5 for 1 ounce, \$6.50 for 1.5 ounces, \$8 for 2 ounces.

Hangover Helper: Ingredients: Tomato & ginger & beet pieces, hibiscus, cardamom, black & white pepper, cinnamon, clove, nutmeg. (loose) Price: \$3.75 for 1 ounce, \$5.25 for 1.5 ounces, \$7 for 2 ounces.

COMING SOON! Headache Be Gone! *A Tea Mistress Organic Herbal Blend.* By request, we are working on this right now!

Organic Healthy Man Tea: Organic Ingredients: dandelion root, eleuthero root, burdock root, marshmallow root, hawthorn berries, fennel seed, nettle root, oatstraw, saw palmetto berries, stevia leaf. *Caffeine-free and certified Kosher.* (loose) Price: \$3.50 per ounce.

Organic “Hop Into Bed” Nighttime Herbal Blend: Organic Ingredients: lemon balm (Melissa), hibiscus flowers, skullcap, passionflower, hops, valerian root, lavender. (loose) Price: \$5 for 1 ounce, \$6.50 for 1.5 ounces, \$8 for 2 ounces.

Organic Hot Flash Tea: Organic Ingredients: sage, motherwort, dandelion leaf, violet leaves, chickweed, elder flowers, oatstraw. *Caffeine-free and certified Kosher.* (loose) Price: \$3.50 per ounce.

Immune System: Ingredients: Elderflower, thyme, anise, fennel, organic rosehips, licorice root, blackberry leaves. (loose) Price: \$4 per ounce.

La La Lavender Ingredients: Lavender, Jasmine Pearls, Rosebuds, and Chamomile. (loose) Price: ¾ oz \$3.25, 1 oz \$4.25

Organic Lemon Balm, also known as Melissa Officinalis. Price \$3.50 per ounce.

Organic Licorice Root Slices from China. *Caffeine-free and certified Kosher.* Caution: avoid use if you are pregnant, have hypertension, liver disorders, edema, severe kidney issues, low blood potassium, heart disease. Price: \$3 per ounce.

Organic Linden Leaf and Flower (Tilo, Tilleuil): *Source: Bulgaria. Caffeine-free and certified Kosher.* (loose) Price: \$3.50 per ounce.



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Organic Liver De-Stress Tea: Organic Ingredients: burdock root, dandelion root, Oregon grape root, eleuthero root, yellow dock root, milk thistle seed. *Caffeine-free and certified Kosher.* (loose) Price: \$4.50 per ounce.

Lose the Blues Organic Herbal Blend: *Caffeine-free and certified Kosher.* Organic Ingredients: St. John's wort, damiana, spearmint leaf, valerian root, a pinch of stevia leaf. (loose) Price: \$3.50 per ounce.

Organic Marshmallow Leaf: Grown in USA. *Caffeine-free and certified Kosher.* (loose) Price: \$3 per half-ounce.

Organic Meadowsweet (Queen of the Meadow): (loose) Price: \$4 per ounce

Organic Memory Zest *Caffeine-free and certified Kosher.* Organic Ingredients: ginkgo, gotu kola, peppermint, red clover, rosemary, ginger root, stevia. Price: \$4.50 per ounce. **TEMPORARILY OUT OF STOCK**

Organic Moon Ease: Organic ingredients: spearmint, vitex berries, cramp bark, skullcap, marshmallow root, passionflower, ginger root. *Caffeine-free and certified Kosher.* (loose) Price: \$4 per ounce.

Organic Nursing Tea: (herbal blend for nursing mothers)* Organic ingredients: Red rooibos, raspberry leaf, lemon balm (melissa), fenugreek seed, fennel seed, marshmallow root, anise seed. *Caffeine-free and certified Kosher.* (loose) Price: \$4 per ounce.

Organic Passionflower: Price: \$3.25 per ounce.

Organic Pregnancy-Tea: Organic Ingredients: spearmint leaf, lemon balm, nettle leaf, dandelion leaf, raspberry leaf, oatstraw, alfalfa leaf, ginger root, lemon peel. **CAUTION:** Avoid raspberry leaf during first trimester if you have a history of miscarriage. *Caffeine-free and certified Kosher.* (loose) Price: \$4.25 per ounce.

Organic Quiet Child Herbal Tea: Organic Ingredients: spearmint, catnip, skullcap, chamomile, raspberry leaf, calendula, pinch of stevia leaf. (loose) Price: \$4 per ounce.

Organic Rhodiola Root: Price: \$4 per ounce.

Wild-Harvested Sassafras Bark: *Caffeine-free and certified Kosher. Wild-harvested in USA.* Caution: do not use if pregnant or nursing! Do not use for more than 1 week at a time! (loose) Price: \$5 for 1 ounce, \$7.25 for 1.5 ounces, \$9.50 for 2 ounces.

Organic Seasonal Allergy Tea: Organic Ingredients: nettle leaf, fennel seed, lemongrass, spearmint, bee pollen, calendula flowers, peppermint, red clover blossoms & leaves, lavender flowers, blue vervain, stevia leaf. *Caffeine-free and certified Kosher.* (loose) Price: \$5 per ounce.



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Organic Slippery Elm Bark: *Caffeine-free and certified Kosher.* Precautions: Slippery Elm should be taken with at least 250ml (8 oz) of liquid. Other drugs should be taken 1 hour prior to or several hours after consumption of slippery elm. The mucilage may slow the absorption of orally administered drugs. Price: \$3.50 per ounce.

Tea-Tox: Ingredients: burdock, milk thistle, green rooibos tea, cinnamon bark, lemon balm, dandelion root, peppermint leaves. *Caffeine-free.* (loose) Price: \$4 per ounce.

Throat Therapy: Ingredients: licorice root, raspberry leaves, aniseed, cinnamon bark, orange peels, hibiscus, slippery elm. *Caffeine-free.* (loose) Price: \$4 per ounce.

Stomach Soothing Organic Herbal Blend: A mild herbal blend to aid digestion and stomach upset. Organic Ingredients: catnip, spearmint, lemongrass, calendula, skullcap, rosemary, sage, fennel. (loose) Price: \$5 per ounce.

Organic Wise Woman, an herbal blend designed to help alleviate menopause symptoms. Organic Ingredients: motherwort, nettle leaf, sage, lemon balm, vitex berries, mugwort, horsetail. *Caffeine-free and certified Kosher.* (loose) Price: \$3.50 per ounce.

Organic Women's Balancing Tea: Organic Ingredients: peppermint, nettle leaf, raspberry leaf, ginger root, dandelion leaf, oatstraw, horsetail, chamomile, rose petals, stevia leaf. *Caffeine-free and certified Kosher.* (loose) Price: \$4 per ounce. **TEMPORARILY OUT OF STOCK**

BLOOMING/FLOWERING TEAS AND ARTISAN TEAS

These teas are painstakingly hand-crafted with great care. The dry tea leaves look like an unassuming ball, but when water is added, they begin to unfurl and slowly blossom into a beautiful flower shape! Not only are they beautiful to look at, but they taste great too! Prepare in a glass teapot if you have one. After you have finished drinking your tea, you can preserve the tea bloom in cold water for another day or two.

NEW! Blooming Tea Assortment Sampler Tin: Comes with 1 bloom of each: Camellia Rose, Jasmine Bai Mu Dan, Menthe Soleil, Thousand-Day Flower in a reusable magnetic tin. Price: \$12.

Camellia Rose: Ingredients: Chinese black tea, rosebuds, lavender, camellia flower. *Caffeine level: medium.* Price: \$2 per blooming ball.

Organic Ginger Regenerate Detox Tea Discs: Just one disc makes enough tea for a 3 to 4-cup teapot! Organic Ingredients: Chinese green tea*, Ginger pieces*. *Caffeine level: medium-low.* Price: 4 discs for \$5.
Note: This is NOT a blooming tea!



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Jasmine Bai Mu Dan Wheels: *Caffeine level: medium.* Ingredients: Chinese green tea and white tea, jasmine scent. Price: \$2 per blooming ball.

Menthe Soleil - Sunshine Mint: *Caffeine level: medium-low.* Ingredients: Chinese green tea, amaranth and marigold flowers, mint leaves. Price: \$2 per blooming ball.

Thousand-Day Flower: Ingredients: Chinese green tea, amaranth flower. *Caffeine level: low.* Price: \$2 per blooming tea ball.