“TEA began as a medicine and grew into a beverage.”

Cooking with Tea

Use EDEN teas to make delicious grain dishes, soups, aspics, desserts, dressings, and vinaigrettes.

Saucepan warm ¼ cup of a favorite EDENSOY® and ¼ cup of water. Add one tea bag per cup. Reduce the flame to low and steep 5 to 7 minutes. Remove tea bag and sweeten with organic honey or maple syrup.

A hit every time.

TRADITIONAL ORGANIC TEAS

ORGANIC SENCHA
Loose Green Tea
A recloseable standing pouch of loose sencha leaf for a pot of tea worth sharing.

ORGANIC KUKICHA
Loose Twig Tea
Soothing rich flavor from four (4) separate roasts.

MU 16 Herb Tea
Sixteen herbs in a blend that makes a strengthening and tonifying herbal tea.
6 bags/package. A bag makes a whole pot.

Environmentally Appropriate Tea Bag, String, Paper, & Ink

Usually tea bags contain plastic allowing them to be heat sealed. The list of undesirable things in tea bag strings astonished us. Organically grown tea is inconsistent with these adulterates. EDEN tea bags are appropriate for the tea’s purity. Everything about the tea bag, from its Manila fibers to its 100% cotton string and crimped seal, reflect and further the care taken to offer a most wonderful tea. The boxes are made of recycled material and printed using vegetable based inks. The organic tea growers, very pleased with this care for their tea, are grateful, feel appreciated, and are further motivated to continue their work.

Fruit Salad with Tea Kanten

1 cup water
2 tablespoons EDEN Agar Agar Flakes
Pinch of EDEN Sea Salt
1 EDEN Sencha or Sencha Mint Green Tea bag
1/2 cup blueberries, fresh or frozen
1/2 cup raspberries, fresh or frozen
1 cup cantaloupe, cubed
1 cup watermelon, cubed

In a saucepan bring water, agar, and sea salt to a boil. Simmer 2 minutes. Turn off flame, steep tea bag in agar mixture 4 minutes or so and remove. Pour into shallow bowl and let gel. Slice into cubes and toss with the fruit.

Serves 4

LOTUS ROOT Tea Powder
Powdered dried root of the Asian water lily treasured for nourishing respiratory health, with 5% ginger root. Boil a teaspoonful for three minutes and sip.

MATCHA Powdered Organic Green Tea
30 grams of stone ground green tea powder. April leaves twice steamed, rubbed, dried, and then deveined. Whisk it into hot water to take all the tea leaf. It enriches life and brightens countenance.
30 servings per can

MATCHA GREEN TEA KIT
Everything needed for matcha powdered green tea: eighty bristle bamboo whisk and spoon, ceramic bowl, 30 gram can of stone ground matcha, and DVD. A loving gift.

100% of Green Tea’s Potency

matcha organic green tea is usually served warm, but is also enjoyed chilled. Citrus enhances its antioxidant uptake. Adding orange or lemon slices boosts refreshment and benefit. Its subtle sweetness and flavor blends well with other tastes. It is used in desserts, confections, green tea ice cream, smoothies, and kanten.
English black teas are handled, cured, or allowed to age in the way it is done for green teas. The leaves of Camellia sinensis, from the plant used to make all true teas, can be many things, but all true tea stems from the Camellia sinensis plant. The finest, most rewarding tea that can be found.

Taking tea is rewarding. A delicate, full-bodied Green Tea is the most popular drink in the world. Best tea grades are the earliest, young, tender Spring leaves near the top of the bush. Fresh leaves are immediately steamed and gently rubbed while they are still warm, then rubbed again after they cool, and dried. This twice rubbing of the leaves preserves their bright green color and locks in the flavor and antioxidant properties. Green tea contains antioxidants and is lower in caffeine than other teas. They are steamed, twice rubbed, and partially dried just as they are for Sencha. Before they completely dry, they are put in iron cauldrons to be slowly and repeatedly heated and cooled until an experienced master senses that they are perfectly roasted. This preparation allows subtle and multiple interactions between the iron of the wood, the firewood carbohydrates, and the leaf, coupled with the careful rubbing, the roasting enhances the availability of the beneficial elements in the organically grown leaves. These release in your tea pot or cup. These antioxidants are credited for its relaxing, soothing qualities. Caffeine free it is a subtle sweet aroma and flavor of roses. Deeply purifying, EDEN Green Tea is grown in Uji Japan, in the fields of the Nagata family and their plantations since 1974, and the plants growing these leaves are the happiest they can be. The Uji region in Kyoto prefecture, about 240 miles southwest of Tokyo, is famous for its green tea. Early morning mists from the river moisten the leaves as they warm in the sun. We are sometimes asked, “Why does EDEN green tea taste so much better than all the others?” We then share about the long-term organic management, the potent health of the tea plants, and the pains-taking excellence in the hand harvested tea’s handling. EDEN Green Tea is grown following organic management practices on their plantations since 1974, and the plants growing these leaves are the happiest they can be. The Uji region in Kyoto prefecture, about 240 miles southwest of Tokyo, is famous for its green tea. Early morning mists from the river moisten the leaves as they warm in the sun. We are sometimes asked, “Why does EDEN green tea taste so much better than all the others?” We then share about the long-term organic management, the potent health of the tea plants, and the pains-taking excellence in the hand harvested tea’s handling.

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