



Specialty Teas

HUNNY ROOIBOS

(*HERBAL TEA - Rooibos means RED BUSH in Afrikaans*)

Country of Origin: South Africa **Region:** Cederberg **Shipping Port:** Cape Town **Grade:** Choice Grade #1
Altitude: 1500-2500 feet above sea level

Manufacture Type: Fermentation turns the leaves from green to deep red and gives a slightly sweet note.

Cup Characteristics: Rooibos accentuates the naturally sweet character of honey. Delicious finish.

Infusion: Reddish orange to full color (depends on brewing time and quantity used)

Ingredients: Luxury rooibos, Camomile, Calendula petals, Natural flavors

Information:

Can you think of anyone, or anything, that loves honey more than Winnie the Pooh? Didn't think so. Winnie himself loved it so much it caused even himself to wonder. In the original book by A.A.Milne he sings,

Isn't it funny,
How a bear likes honey?
Buzz! Buzz! Buzz!
I wonder why he does?

We have the answer. Which is: honey is one of Mother Nature's finest delicacies? Succulent and sweet, honey has been used to flavor food and drink since at least the days of the Pharaohs. So it was only natural that the little bear would want to feast on the sticky treat as often as possible. It was also only natural that we would blend the all natural flavor of honey with a top quality Cederberg Rooibos. The combination of the herbal tea and the flavor of honey brews up a mellow cup with a sweet yet subtle finish - fresh chamomile in the blend also adds a layer of delicious honey-like tones. We're certain that if Winnie the Pooh ever got his hands on a pot of this caffeine free delight he'd never let go. We're certain you won't either!

200 ml (about 7 ounces) of brewed Rooibos contains the following nutrients:

Nutrient Function in the Body per 200 ml

Iron (Fe) Essential for transport of oxygen in the blood **0.07 mg**

Potassium (K) Assists certain metabolic functions **7.12 mg**

Calcium (Ca) Necessary for strong teeth and bones **1.09 mg**

Copper (Cu) Assists certain metabolic processes **0.07 mg**

Zinc (Zn) Necessary for normal growth and development of healthy skin **0.04 mg**

Magnesium (Mg) Promotes a healthy nervous system and other metabolic processes **1.57 mg**

Fluoride (F) Necessary for strong teeth and bones **0.22 mg**

Manganese (Mn) Assists metabolic processes and bone growth and development **0.04 mg**

Sodium (Na) Necessary for fluid and acid-base balance **6.16 mg**

Hot tea brewing method: Bring freshly drawn cold water to a rolling boil. Place 1 teaspoon of rooibos for each cup into the teapot. Pour the boiling water into the pot, cover and let steep for 3-7 minutes. Pour into your cup; add milk and sugar to taste.

Iced tea brewing method: (to make 1 liter/quart): Place 6 teaspoons of rooibos into a teapot or heat resistant pitcher. Pour 1 1/4 cups of freshly boiled water over the Rooibos. Steep for 5 minutes. Quarter fill a serving pitcher with cold water. Pour the Rooibos into the serving pitcher straining the leaves. Add ice and top-up with cold water. Garnish and sweeten to taste.

