



Specialty Teas



AIB International
Guelph Food Technology Centre
University of Guelph
Certificate # 250612

RAINBOW 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: The flavor profile of this tea is a pot of gold. A terrific fruit medley with Amaretto notes.

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

Ingredients: Luxury rooibos, Red Thistle, Cornflower + Calendula petals, Natural flavors.

Information:

If you've ever read the poem "Who Has Seen the Wind" by British author Christina Georgina Rossetti you'll understand the virtue of a question like, "who has tasted a rainbow?" Rossetti's poem asks:

Who has seen the wind? Neither I nor you:

But when the leaves hang trembling, the wind is passing through.

Inspired by this poem, we at Bottom of the Cup Tearoom asked the other question mentioned above, namely "who has tasted a rainbow?" (Here we should explain that while the protagonist of Rossetti's poem clearly relates to the world through touch and sound, we tea-folk relate to the world primarily through our taste buds.) We came up with many different answers. The final, and most profound was this: It tastes like a mellow, herbaceous Cederberg Rooibos blended with a medley of fruit and balanced out with a touch of Amaretto. Simple...yet...so deep...you know? (For those of you who relate to world visually, rainbows should also have red thistle, cornflowers, and calendula for the colorful look.) So go ahead, ask and ye shall receive. Taste a rainbow today. Incidentally, rainbows are also caffeine free.

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) Assists 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.

