



Tea Leaf-let ②

Time for a ...

Gyokuro Tea Break



Enjoy the full-bodied mellow flavor of this exquisite shade-cultivated tea. Let it softly linger on the tongue as you sip it slowly, savoring every drop.

花ごよみ・初夏 あやめ (Ayame)
Flower: *Iris sanguinea*

Another Tea Tip from IPPODO

How to Prepare Gyokuro 〈玉露〉

(One Serving = 3 teacups, each about 15~20 ml)

**2 tablespoons (10 g)
of leaves per 80 ml (3 oz) of water**

To get the full flavor of this tea,
a proper balance between
leaves and water is essential.
Even a one-person serving
requires 10 grams of leaves
to produce the proper flavor.

**60°C (140°F) is the
optimum water temperature
to bring out gyokuro's most
authentic natural flavor**


To cool boiling water down to
60°C, you can use the teacup
transfer method. Using 3 teacups,
pour boiling water into the 1st,
then transfer it to the 2nd, and then
to the 3rd before finally pouring it
into the teapot. Each new vessel
cools the water by about 10°C.

**1-1/2 minutes later,
the tea will be ready**

- Try not to disturb the leaves during steeping, as this will bring out the bitterness.
- To ensure an even strength, pour a little tea into each teacup in turn, then repeat.
- The last few drops contain the essence of the tea's flavor, so it is important not to leave any tea in the teapot.



When brewing a 2nd or 3rd pot, no steeping is required;
just add 60°C water, and serve.


一保堂茶舗

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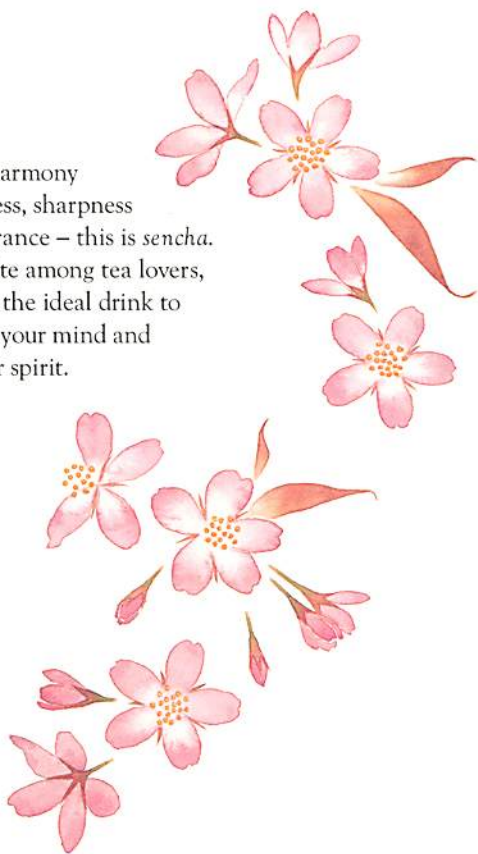


Tea Leaf-let ③

Time for a ...

Sencha Tea Break

A perfect harmony
of sweetness, sharpness
and fragrance – this is *sencha*.
A favorite among tea lovers,
sencha is the ideal drink to
revitalize your mind and
refresh your spirit.



花ごよみ・春 山桜 (Yamazakura)
Flower: *Prunus jamasakura*

Another Tea Tip from IPPODO

How to Prepare Sencha (煎茶)

(One Serving = 3 teacups, each about 60~70 ml)

When brewing Japanese green tea, the temperature of the water greatly affects the final taste. Lower temperatures bring out the flavor, while higher temperatures bring out the astringency. For *sencha*, 80°C is the optimum temperature to achieve that perfect balance between sweetness and sharpness.

2 tablespoons (10 g)
of leaves per 210 ml (7 oz) of water
To get the full flavor of this tea, a proper balance between leaves and water is essential. Even a one-person serving requires 10 grams of leaves to produce the proper flavor.



80°C (176°F) is the
optimum water temperature
To cool boiling water down to 80°C, you can pour it into teacups before pouring it into the teapot. This also serves to pre-warm the teacups.

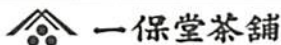


1 minute later,
the tea will be ready

- Try not to disturb the leaves during steeping, as this will bring out the bitterness.
- To ensure an even strength, pour a little tea into each teacup in turn, then repeat.
- The last few drops contain the essence of the tea's flavor, so it is important not to leave any tea in the teapot.



When brewing a 2nd or 3rd pot, no steeping is required; just add 80°C water, and serve.



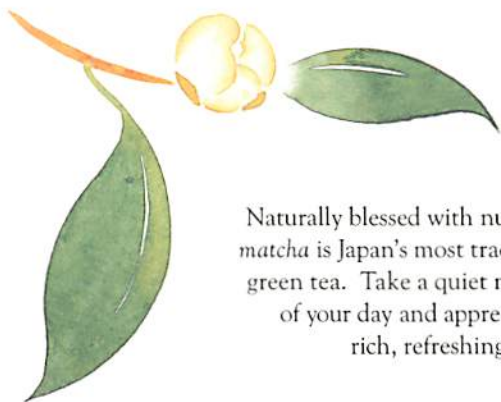
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Tea Leaf-let ①

Time for a ...

Matcha Tea Break



Naturally blessed with nutrients, *matcha* is Japan's most traditional green tea. Take a quiet moment of your day and appreciate its rich, refreshing flavor.



花ごよみ・冬 白玉椿 (Shiratama-Tsubaki)
Flower: *Camellia japonica*

Another Tea Tip from IPPODO

How to Prepare *Matcha* 〈抹茶〉Tea Utensils for
Preparing *Matcha*● Quantity of *Matcha* Powder

Put 1-1/2 heaping tea ladles (about 1 teaspoon, or 2 g) of *matcha* powder into the tea bowl.



● Quantity of Hot Water

About 60 ml (2 oz)
(1/3 of a tea bowl)

● Temperature of Hot Water

Pour 80°C/176°F water over the *matcha* powder. To cool boiling water down to 80°C, you can pour it into an empty teacup before pouring it into the tea bowl.

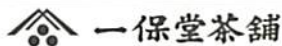


With the bamboo whisk, mix the water and powder using a quick back and forth motion in the shape of an "m".



When the mixture is smooth, serve the *matcha* in the tea bowl.

The particles of the finely ground *matcha* powder do not actually dissolve; rather, they become suspended in the hot water during whisking. Please enjoy the *matcha* before the particles settle to the bottom of the tea bowl.



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