

## Tea Tidbits by...



### Tea By G - My Story...

I know you've all been sipping delicious tea on tap at our beloved Beyond Yoga, and maybe some of you have been wondering who is 'g' and what's her story? I don't per say have a story that led me to tea...My passion for tea comes from *tea's story* itself.



I come from an entrepreneurial family, but have never tried my hand at it. Instead preferring the comfort of a steady paycheque. In my heart, I always wanted to start a business, but had trouble pinpointing my passion. I knew I was a foodie, so I went back to school to earn a diploma in natural nutrition and graduated with honours as a registered holistic nutritionist. Although I love every aspect of health and healing, I wasn't finding fulfillment being a nutritional consultant. I did however, settle into the role of administrator of the school I attended. Who knew I was so good at organizing student's lives, and bookkeeping? I've come to learn through my role at the school, that I love meeting people and listening to their stories. And while I love what I do, and the students I meet, I found myself yearning for more education.

In 2013, my daughter began attending Algonquin College. I fell in love with the college and the energy of the students. I knew I wanted to be part of that feeling despite my age. Through various visits to the college I eventually discovered the Tea Shoppe within Algonquin, and knew right away this was what I wanted to do – learn more about tea! I began taking courses offered by the Tea Association of Canada through Algonquin College, and it solidified my romance with tea.

Just knowing the 'story' of tea; when it was discovered, how it was a traded commodity going back to the 1600's, the tea horse road, the various tea producing regions around the world – I was fascinated! You see tea isn't just tea. Because there are different varietals of the camellia sinensis (tea) plant, its aroma and flavour will differ depending on tea region, whether it's grown high in the mountains or low in the valley's, in dry or wet soil, monsoon season or cool misty air, and a multitude of other factors. The most interesting aspect in my opinion is the craftsmanship that comes from 'artisans' whose techniques have been passed down from generation to generation. These tea masters have a keen sense and are at 'one' with the leaf and manufacturing process. I'm fascinated by those that know the ancient and fine art of forming the tea leaf, the finished product. From the flat, spear shaped leaf of dragonwell, to the semi rolled oolong teas, there are hundreds of differently shaped tea leaves. For every cup of good quality tea, you can know it has been expertly hand plucked by field workers day in and day out to make a living.

It is this story of tea, from bush to cup that I am passionate about, and will talk anyone's ear off who will listen! My passion led me to create my online tea store; Tea By G. I hope you enjoy my loose leaf tea and herbal/fruit tisane selections.

Yours truly,

gina