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# Foodscapes as a mirror of environment and culture – A Journey Through Gastronomy, Environment and Identity

Source: <http://amazingearth.me/tag/apple/>



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Lenka  
Demková

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# Tea

Lenka Demková  
Przemysław Charzyński



Dalat Tea plantation

źródło: [www.visitthailand.travel/Dalat-Tea-plantationtour.aspx](http://www.visitthailand.travel/Dalat-Tea-plantationtour.aspx)

# History of tea

It is not known when exactly people started to drink tea. Some of the sources says it happened about 3000 years ago in China, where it was drank as a „*cha*” already about 2500 years ago.

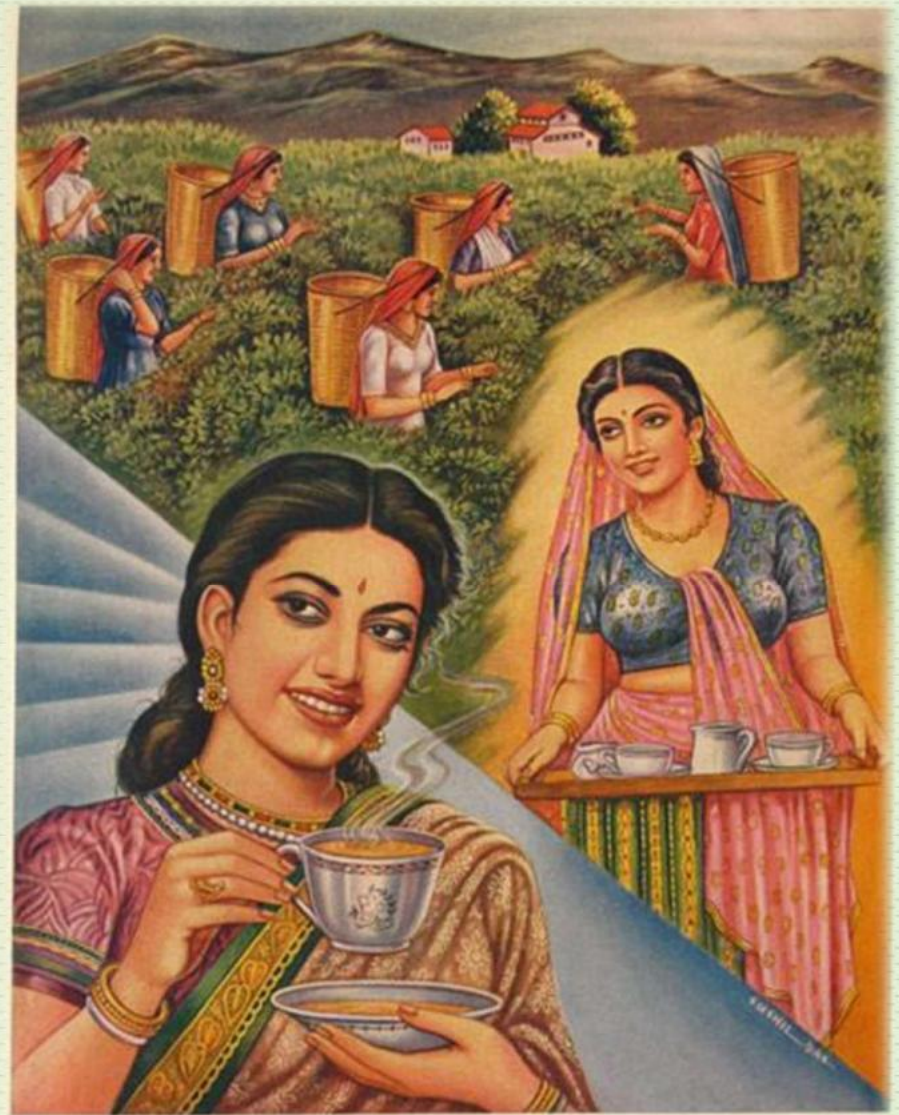


In China it is believed that in 2737 BC sage Shen-song was relaxing under one of tea trees and noticed how few of its leaves fell into a kettle full of boiling water. The aroma of the brew was this appealing that the Emperor wished to taste it. Shortly after entire manor was hooked on magical brew which gave them strength and will to live.



# History of tea

In India it is believed that the legendary monch *Bodhidharma* wanted to meditate without a blink of the eye for 7 years. On the last day, while he was sitting under the tree he tore off a few of its leaves and started to chew them.



No. 386

TEA GARDEN

# History of tea

The first plantations of tea are dated to third century BC and in eighth century tea was known in China as „national drink”. The poet named *Lu Yu* describes tea bush in his „Book of Tea”. The book was a good source for method of treatment, it included a plantation list too.



Źródło: [Historia-herbaty-blog-pol-1457007216.html](http://Historia-herbaty-blog-pol-1457007216.html)

It is believed that tea spread with buddah monks. Lu An, which is a strong brew is believed to help them with their vigil. The tea was treated as a ceremonial drink.



Źródło: [Historia-herbaty-blog-pol-1457007216.html](http://Historia-herbaty-blog-pol-1457007216.html)



Initialy, Chinese mixed tea leaves with rice and boiled the mixture with onion, ginger and orange. Boiled rice and tea mixture was formed into small balls and roasted over fire.

# History of tea

At the end of the *Ming Dynasty* Chinese started to add aromatic flowers and fruits to the fresh tea leaves. In the same time they began to ferment red tea leaves.



## *Cha yi*

means *the art of tea brewing* and it is quite complicated because it consists of many elements:

- tea brewing method;
- taste, aroma and color of the tea;
- tea history, its species, methods of treatment and dishes used in brewing it;
- aesthetics, etiquette and philosophy related to tea.

# History of tea

Cha yi is just as important as the art of calligraphy, sculpturing or production of pottery. It is considered to be one of the national elements of chinese culture.

In the beggining of ninth century the buddah monk from Japan named Dengo Daishi imported tea bush seeds from China. It was not until twelfth century that tea in Japan gained popularity.



# Chinese tea

The tea from China can be classified in many ways. One of them is to look at the harvest time. Then, one classifies it as:

- spring tea;
- summer tea;
- autumn (fall) tea;
- winter tea.

One can classify the tea more precisely, then, for example:

- spring teas can be harvested in early spring time or late spring time, or teas harvested before *Qingmingjie* holiday, which is celebrated at the beginning of April.

Tea can be also classified depending on the form of its leaves, but Europeans tend to classify it depending on its fermentation level:

- not fermented teas;
- half-fermented teas;
- fermented teas.



Source: <https://www.teavivre.com/info/comparing-spring-tea-and-autumn-tea.html>

# Chinese tea

Chinese classify their tea differently. It depends on:

- the color of the brew;
- fermentation level.

Based on this centuries old method, one can classify „six great types of tea”, which includes:

- green teas;
- white teas;
- yellow teas;
- red teas;
- black teas;
- Oolong teas.



Source: <https://www.teavivre.com/info/comparing-spring-tea-and-autumn-tea.html>

# Chinese tea

ChineseTeaInfo.com

## Six Main Types of Chinese Tea



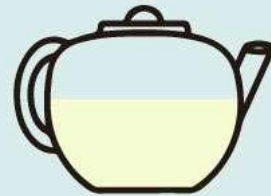
Tea Leaves

Unfermented

Fermented



Green Tea



White Tea



Yellow Tea



Oolong Tea



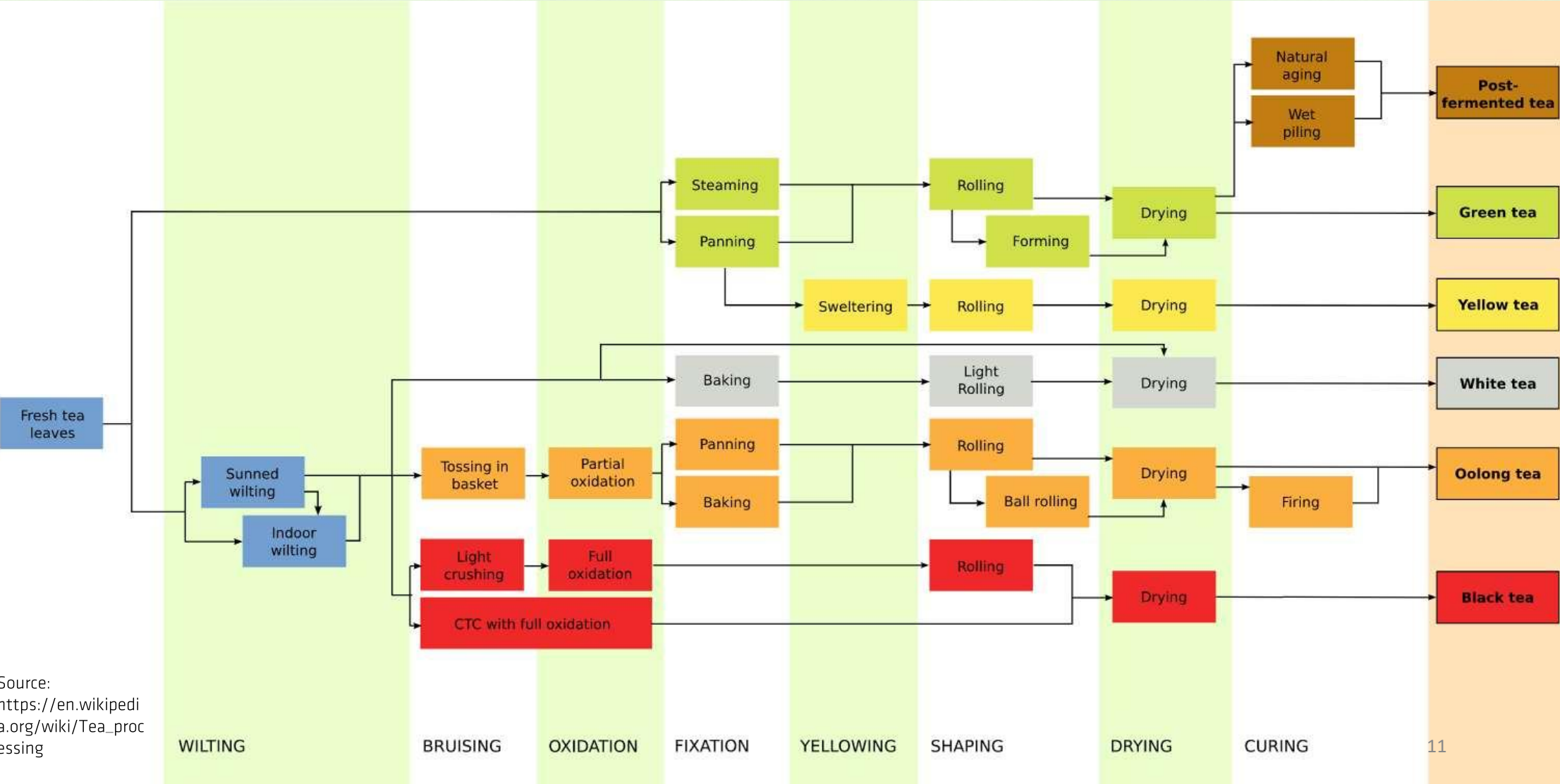
Black Tea



Dark Tea

Low ← Degree of fermentation → High

# Tea processing



Source:  
[https://en.wikipedia.org/wiki/Tea\\_processing](https://en.wikipedia.org/wiki/Tea_processing)



# Japanese tea

In fifteenth century the Japanese tea drinking ritual was born. It is related to *Ashikaga Yoshimitsu* and *Murata Mokichi*. It is believed that Japanese tea drinking ritual is based on religious practices of buddah monks.



## *Cha-no-yu*

is Japanese way of tea drinking ritual. It consists of:

- wooden rack that invites guests to tea drinking;
- every guest should have access to bowl full of fresh water in which he or she could wash their heands;
- if there's something wrong with the pavilion, the guest who notices it should leave without a word;
- tea drinking is related to serious topics;
- the guests should be polite: there should be no lies, flatteries, gossiping;
- the ritual should take no longer than four hours.



# The Japanese Tea Ceremony



Find anything you need to know about preparing matcha the Japanese way



## Steps of the Japanese Tea Ceremony

- Step 1: The Host Prepares for the Ceremony. ...
- Step 2: The Guests Prepare for the Ceremony. ...
- Step 3: Cleaning the Tools. ...
- Step 4: Preparing Matcha. ...
- Step 5: Serving Matcha. ...
- Step 6: Completing the Ceremony.

More here:  
[http://japanese-tea-ceremony.net/preparation/steps\\_furo.html](http://japanese-tea-ceremony.net/preparation/steps_furo.html)

# Tea trip around the world

Tibet	seventh century
Mongolia	seventh century
Siberia	early sixteenth century
Europe (through Siberia)	late sixteenth century (the West)
the Netherlands	seventeenth century
England	1658 with Thomas Garroway

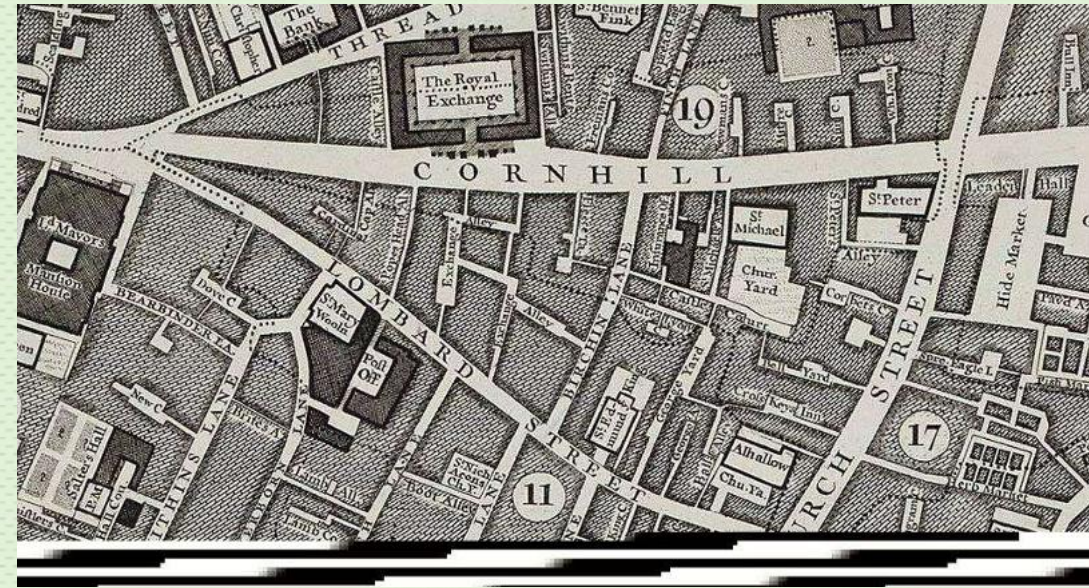
Suutei tsai (literally "tea with milk") is a traditional Mongolian beverage. The name suutei tsai in Mongolian means milk tea. The drink is also known as süütei tsai, tsutai tsai, or Mongolian salty tea;

Source: [www.wholefoodiechallenge.com/one-part-plant-suutei-tsai-milk-tea/img\\_2290/](http://www.wholefoodiechallenge.com/one-part-plant-suutei-tsai-milk-tea/img_2290/)



# Tea Comes to England

- Tea was discovered early in Asia, but Europeans did not know about it until the 16th century.
- The first European reference dates back to 1559 (Voyages and Travels by G. Ramusio), where tea is described as a hot drink with medicinal properties.
- In the 1560s, missionaries also wrote about tea (Gasper da Cruz from China, Louis Almeida from Japan).
- Despite these reports, tea was not brought to Europe until 1610. It was introduced to Britain by the Dutch.
- At first, tea was a rare luxury and a social drink for the wealthy, mainly served to men. It was originally called “Cha” (from Cantonese), later changing to “Tay” or “Tee” based on the term used in Amoy (“T’e”).



1746 map showing Exchange Alley, where tea was first sold in England



The Garden at Hampton House, with Mr and Mrs David Garrick taking tea, painting by Johann Zoffany, 1762

Source: - ArtDaily.org, wikipedia

# Tea Comes to England



The *Thermopylae* was a famous tea clipper ship built in 1867.

It was designed for speed and made very fast journeys between Europe and Asia.

Between 1869 and 1882, it was used to transport tea quickly from Asia to Europe.

The ship and its company were famous for their speed, style, and quality.





SOURCE: Bhargava, Anuja & Bansal, Atul & Goyal, Vishal & Bansal, Pratosh. (2022). A review on tea quality and safety using emerging parameters. Journal of Food Measurement and Characterization. 16. 1-21. 10.1007/s11694-021-01232-x.

# Top 10 Tea drinking Countries

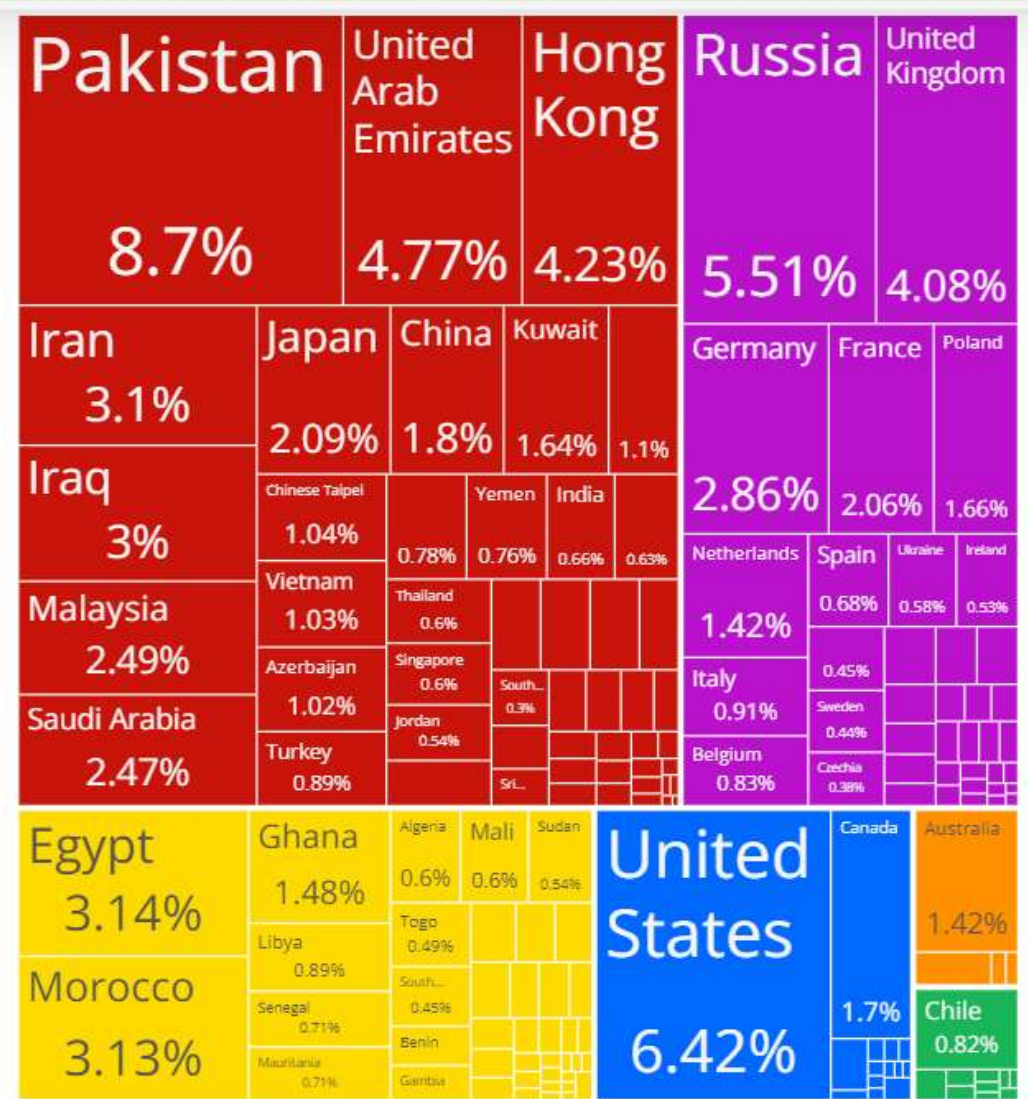
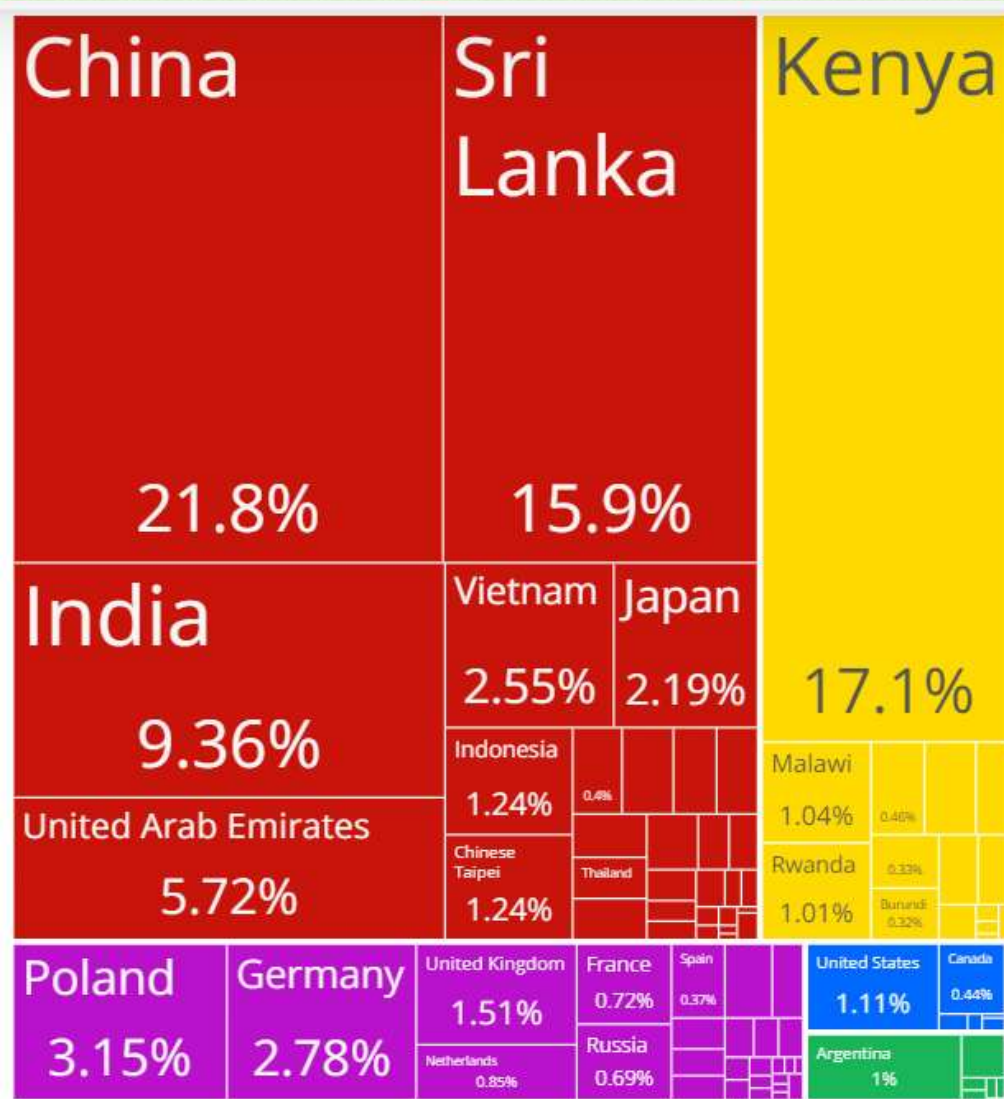
Rank	Country	Annual per capita tea consumption (in kg), 2025
1	<b>Turkey</b>	3.16
2	Sri Lanka	2.19
3	Argentina	1.94
4	Ireland	2.19
5	United Kingdom	1.80
6	Pakistan	1.60
7	Iran	1.50



<https://www.worldatlas.com/articles/top-10-tea-loving-countries-in-the-world.html>

## Exporters of Tea (2022)

## Importers of Tea (2022)



## China

### Altitude:

Varies greatly depending on the province

### Annual production:

2,616,000 tons (2018)

(Source: Supplement to ITC Annual Bulletin of Statistics 2019)

### Climate:

In the summer, a great deal of rain due to monsoon. Except for coastal areas strongly influenced by continental climates with very different climates: very dry deserts, areas with cold winters, temperate, subtropical and tropical areas. There is a risk of typhoons in the south and southeast

### Main harvest time:

March/April to September

### Main cultivation areas:

Anhui, Zhejiang, Hubei, Jiangsu, Sichuan, Hunan, Jiangxi, Guizhou, Yunnan, Fujian, Guangxi, Guangdong including Hainan, Henan



## India

### Altitude:

Between 200 m (e.g. Assam) and 2,300 m (e.g. Darjeeling) and 2,500 m (Nilgiri)

### Annual production:

1,338,630 tons (2018)

(Source: Supplement to ITC Annual Bulletin of Statistics 2019)

### Climate:

Hot from April to May. Humid from June to September during the monsoon. Lowest temperatures December to February (up to 25° C in the south, up to 15° C in the Ganges valley, and sometimes up to 0° C. in the north-west)

### Main harvest time:

Darjeeling: spring (first flush), summer (second flush), autumn (autumnal), in northern India: March to November, southern India: year-round

### Main cultivation areas:

Northern India: Darjeeling, Assam, Dooars, Sikkim and Terai  
Southern India: Nilgiri and Kerala



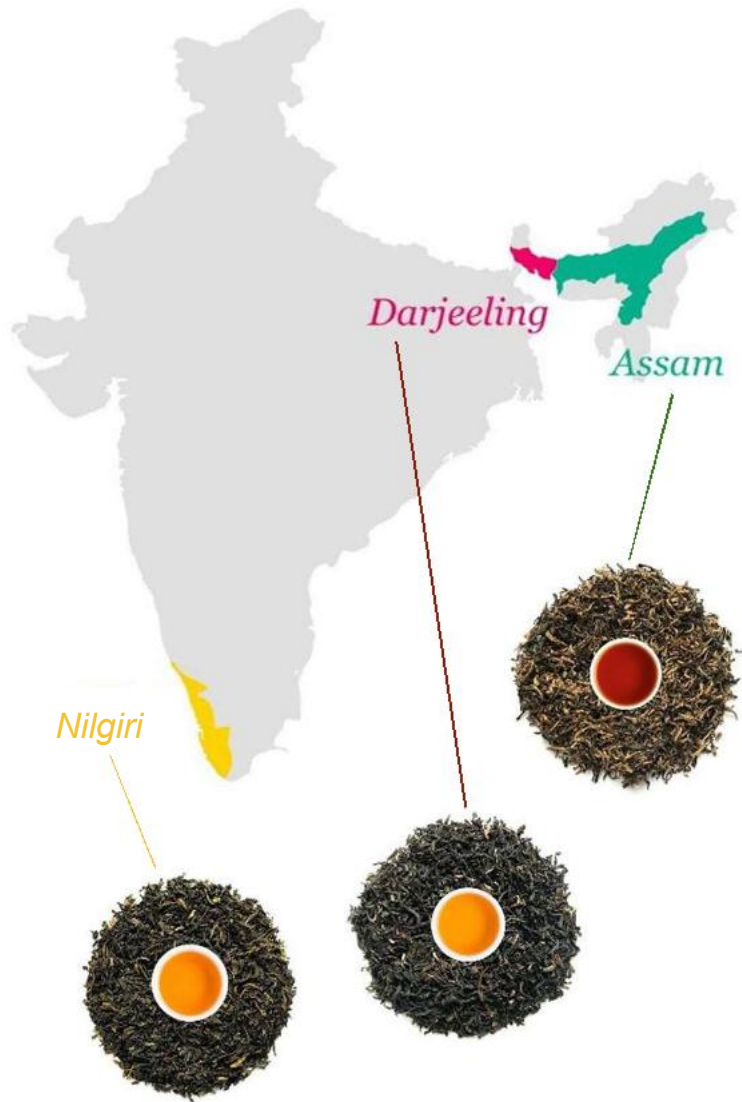


## 1) A Historical perspective

Indians drink a lot of tea, at home but also in every street corner with the famous "Chaï" (A very sweet black tea mixed with masala and milk). In India, the semi medicinal use of tea brew is noted as early as in 1662. During this period, tea was taken without sugar and was used for example against headache. The tea leaves for this use may have come from China.

In the early 1820s, the British East India Company began large-scale production of tea in Assam. Then, the tea industry rapidly expanded and Assam became the leading tea-producing region in the world. The introduction of Chinese tea plants, different from Indian tea, to India is commonly credited to a scottish botanist, Robert Fortune, who spent about two and a half years, from 1848 to 1851, in China working on behalf of the Royal Horticultural Society of London. Fortune introduced 20,000 tea plants and seeds to the Darjeeling region of India and in the foothills of the Himalayas. He also brought a group of trained Chinese tea workers who facilitated the production of tea leaves. However, most of the Chinese tea plants Fortune introduced to India perished.

Despite this failure, the technology and knowledge brought from China helped to develop the Indian tea industry using Chinese varieties, especially the Darjeeling tea. Indian-grown tea was extremely popular in Britain, both for its strength (higher compared to chinese tea), and as a patriotic product of the British Empire. Tea-drinking was promoted from the early 19th century, as a way to render water safe through boiling, as water is of poor quality in india. The price of indian teas compared to chinese teas was also lower. Until the 1970s and the rise of instant coffee, Indian tea dominated the hot<sup>25</sup> drinks market



## 2) Main production regions

India is the second largest producer of tea in the world after China and grows tea on the plains and in the mountains. It produces more than 1 million tonnes of tea a year and exports less than 20% of its production.

Even though India produces all varieties of tea, it is best known for its black teas, including Assam, Darjeeling, and Nilgiri. Of course, there is also the well-known spicy chai, which uses the country's rich spices.

The largest producer in India is the Assam region (500 to 550,000 tonnes of tea per year). In the south, Nilgiri offers about 350,000 tons of tea per year. The Darjeeling region with its 87 gardens in the foothills of the Himalayas produces 10,000 tonnes of tea per year. While the reputation of Darjeeling teas is universal, production is very small due to the topography, soil and available agricultural land. To protect producers and consumers, Darjeeling has had a Protected Geographical Indication (PGI) since 2009.

The black teas of India are known to be strong, bright, and some have rather delicate flavors. The Tea Board is continually tracking and developing ways to improve the quality of India's teas. They also provide resources to the many stakeholders involved in tea production.

India not only produces a lot of tea but also accounts for 19 percent of all tea consumption in the world.



### 3) Types of tea

#### Main types of Indian teas:

*Assam: spicy and astringent tea, typical of the so-called "British taste", produced at a low altitude*

*Darjeeling: the "champagne" of tea, mountain tea*

*Chai, made with Assam or Darjeeling tea, masala and milk*

*Nilgiri: round and full-bodied tea reminiscent of Sri Lankan teas, plateau tea*

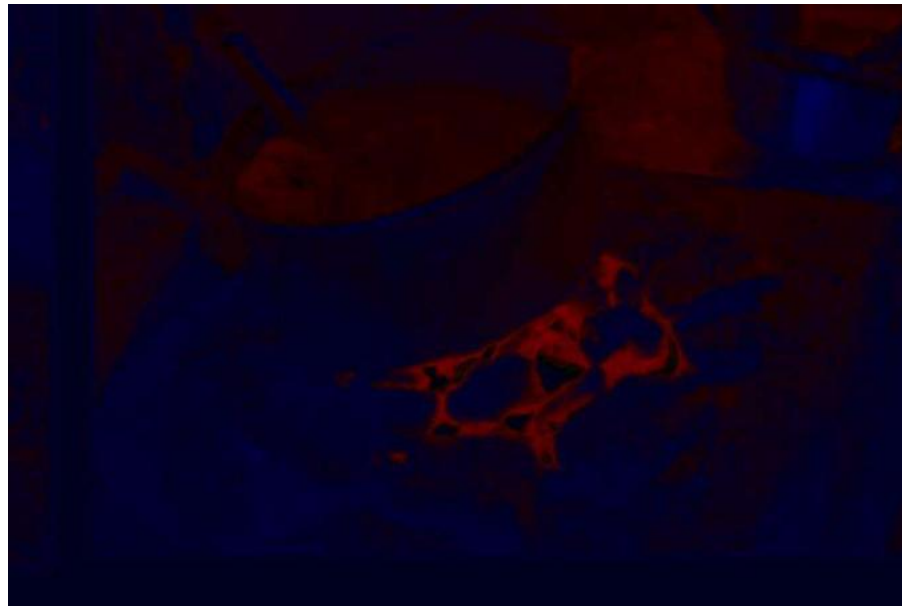
#### Other types of Indian teas:

**Dooars:** region located in the west of Assam, whose teas are particularly aromatic and colourful

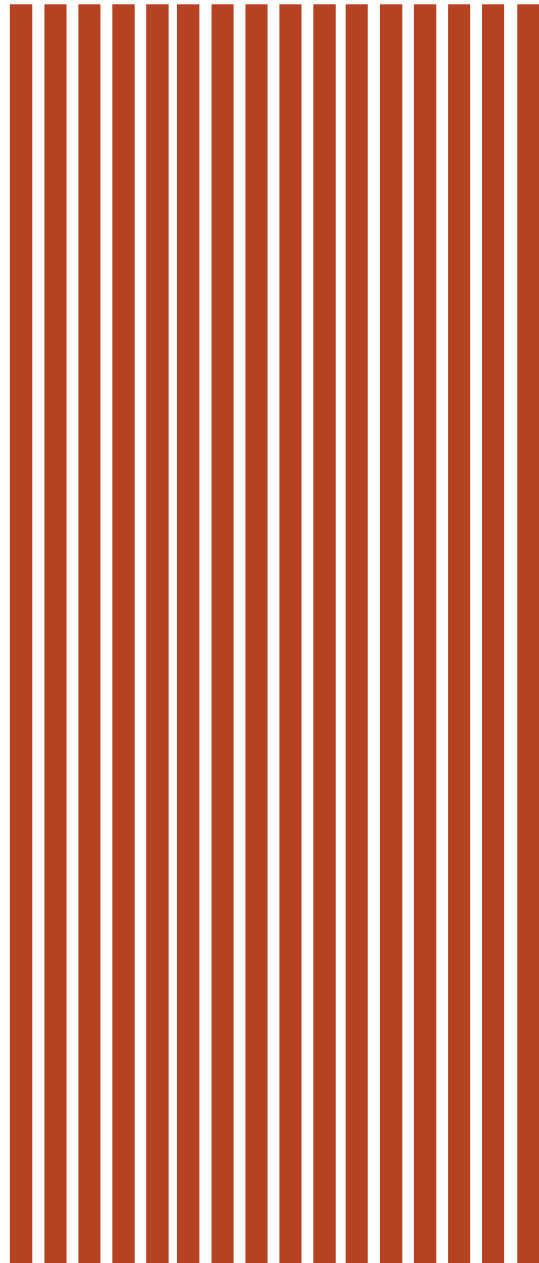
**Kangra:** Located in southern Kashmir, the Kangra Valley produces powerful and aromatic teas.

**Terai:** The Terai is situated at the foot of Darjeeling. It grows teas whose quality is not equal to that of Darjeeling. The infusion is well coloured and powerful.

# ☺ HOW TO MAKE MILK TEA INDIAN STYLE CHAI RECIPE ☺



<https://www.youtube.com/watch?v=d6VXXS4GQKg>



Varanasi street tea vendor

## Kenya

### Altitude:

Between 1,500 and 2,700 m

### Annual production:

492,999 tons (2018)

(Source: Supplement to TC Annual Bulletin of Statistics 2019)

### Climate:

Tropical, humid climate with particularly high humidity. There are two longer rain periods, in spring and autumn

### Main harvest time:

All year round

Main cultivation areas/districts: Kericho, Nandi, Limuru-Kiambu, Nyeri and Meru



### Sri Lanka (also known as Ceylon in tea circles)

#### Altitude:

Low grown (below 650 m), medium grown (between 650 and 1,300 m), high grown (above 1,300 m)

#### Annual production:

304,006 tons (2018)

(Source: Supplement to ITC Annual Bulletin of Statistics 2019)

#### Climate:

Tropical with different rainfall conditions due to the effect of the monsoons. Southwest always moist with two precipitation maxima in May and October. On the northeast and east coast only low precipitation and this between November and December. Annual average temperatures of between 22° C. and 33° C. In Nuwara Eliya (altitude up to 1,900 m) they can drop to freezing.

#### Main harvest time:

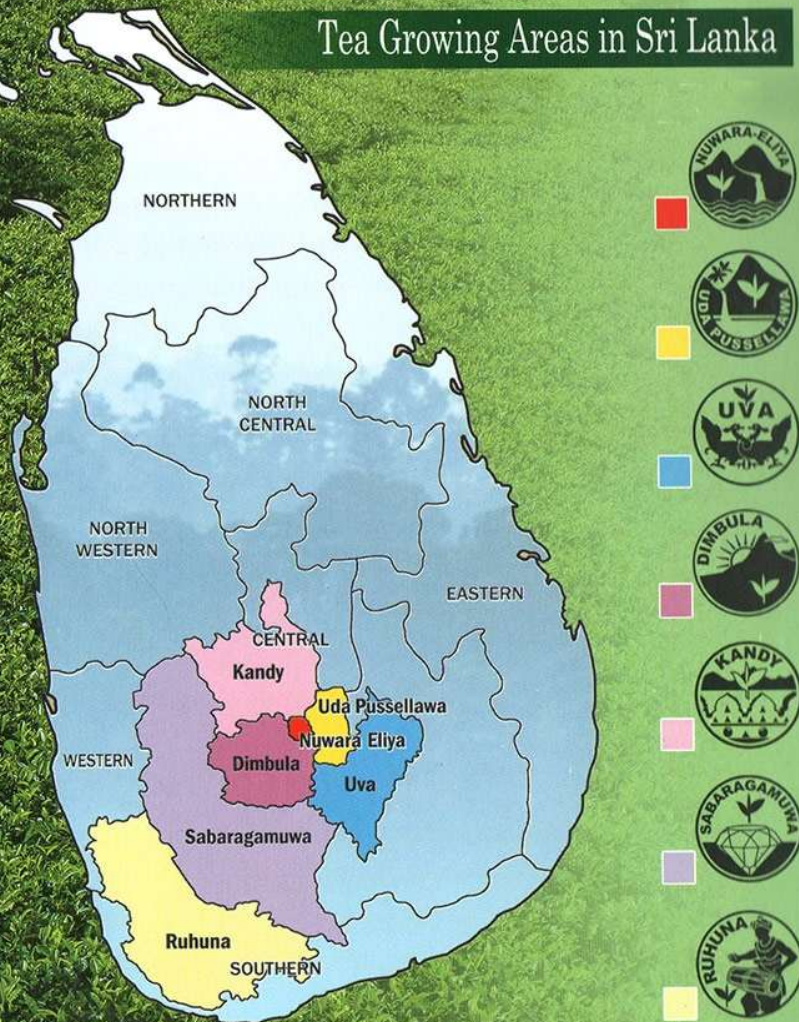
Alternating with the monsoons from June to September and from December to March

#### Main cultivation areas:

Uva, Dimbula, Nuwara Eliya and Kandy



## Tea Growing Areas in Sri Lanka



### Kandy Medium Grown

Kandy was the first region in Sri Lanka in which tea was grown. Tea plantations in this area are located at an elevation of approx. 2000 - 4000 ft above sea level.

### Dimbulla High Grown

Dimbulla teas are high grown on plantations at an elevation of approx. 5000 - 6000 ft above sea level.

### Ruhuna Low Grown

Including the regions in the South-Western Coast, these plantations are mostly located at sea level.

### Nuwara Eliya High Grown

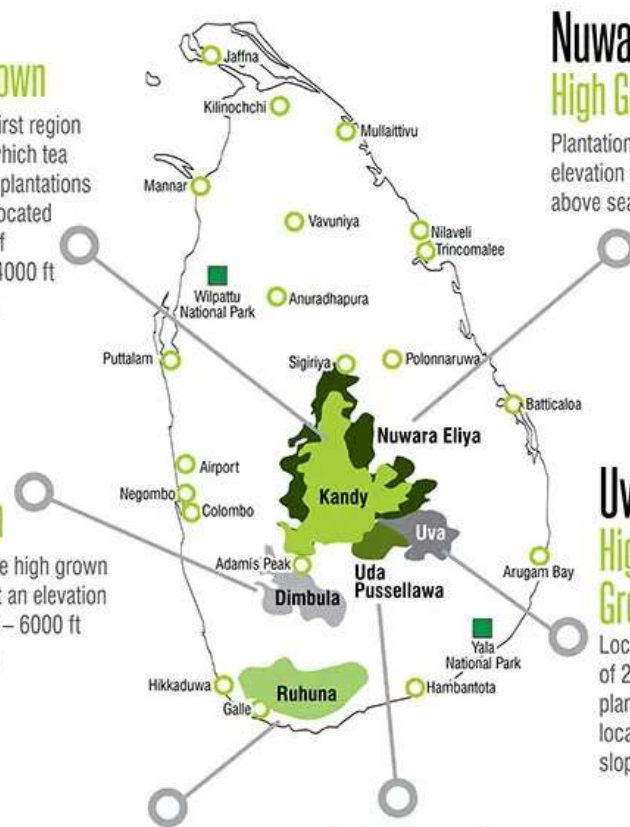
Plantations are located at an elevation of approx. 6000 ft above sea level.

### Uva High & Medium Grown

Located at an elevation of 2000 - 4000 ft, these plantations are mostly located on the eastern slopes of Sri Lanka.

### Uda Pussellawa High Grown

Uda Pussellawa teas are high grown on plantations at an elevation of approx. 5000 - 6000 ft above sea level.



<http://www.sebastea.com>

<https://www.anewceylon.com/tea-growing-region/>

ÉLLA  
SRI LANKA



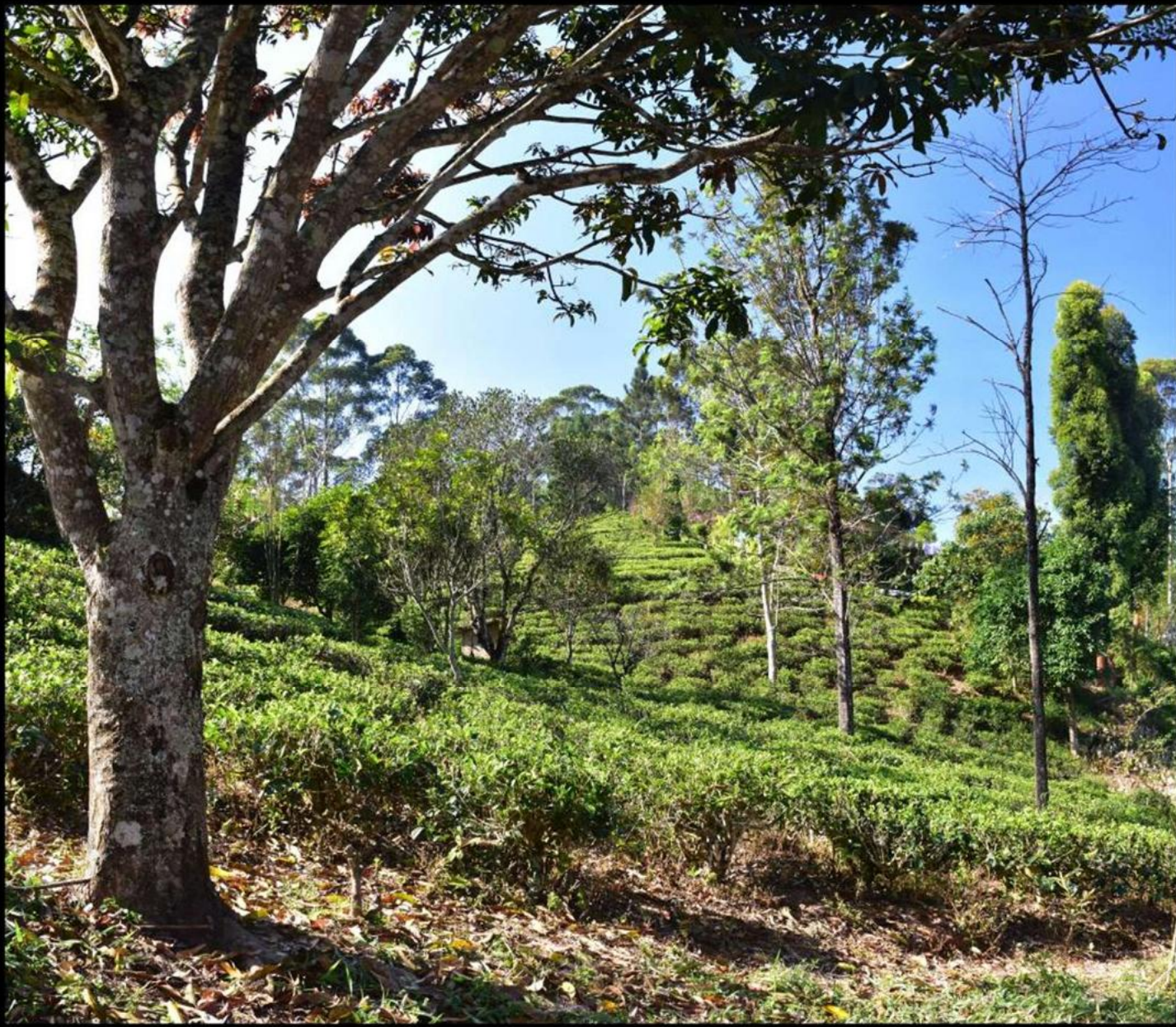
ÉLLA  
SRI LANKA



Fot. P. Charzyński 2024

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# KINELLAN TEA FACTORY









RINÉLLAN ÉSTATÉ ÉLLA, SRI LANKA

ÉLLA, SRI LANKA

RINÉLLAN ÉSTATÉ





KINÉLLAN ÉSTATÉ ÉLLA, SRI LANKA



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KINELLAN ESTATE

ELLA, SRI LANKA 45

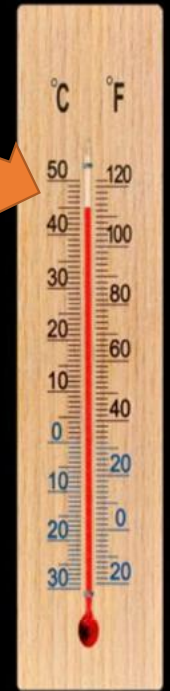


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Fot. P. Charzyński 2024

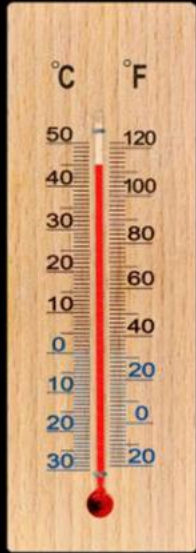


Fot. P. Charzyński 2024



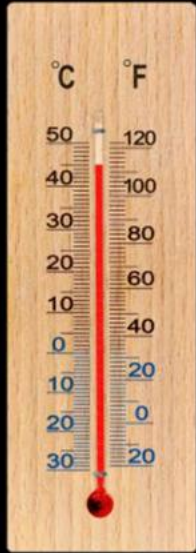
RINELLAN ESTATE  
ÉLLA, SRI LANKA





RINÉLLAN ÉSTATÉ

ÉLLA, SRI LANKA 48







RINÉLLAN ÉSTATÉ ÉLLA, SRI LANRA









Fot. P. Charzyński 2024





RINÉLLAN ÉSTATÉ

ÉLLA, SRI LANKA



### Bangladesh

Annual production:

82,134 tons (2018)

(Source: Supplement to ITC Annual Bulletin of Statistics 2019)



## Japan

### Altitude:

Different altitudes in the different prefectures

### Annual production:

81,500 tons (2018)

(Source: Supplement to ITC Annual Bulletin of Statistics 2019)

### Climate:

Varies: regions with a cold climate with cold and snowy winters to subtropical zones, additionally influenced by winds.

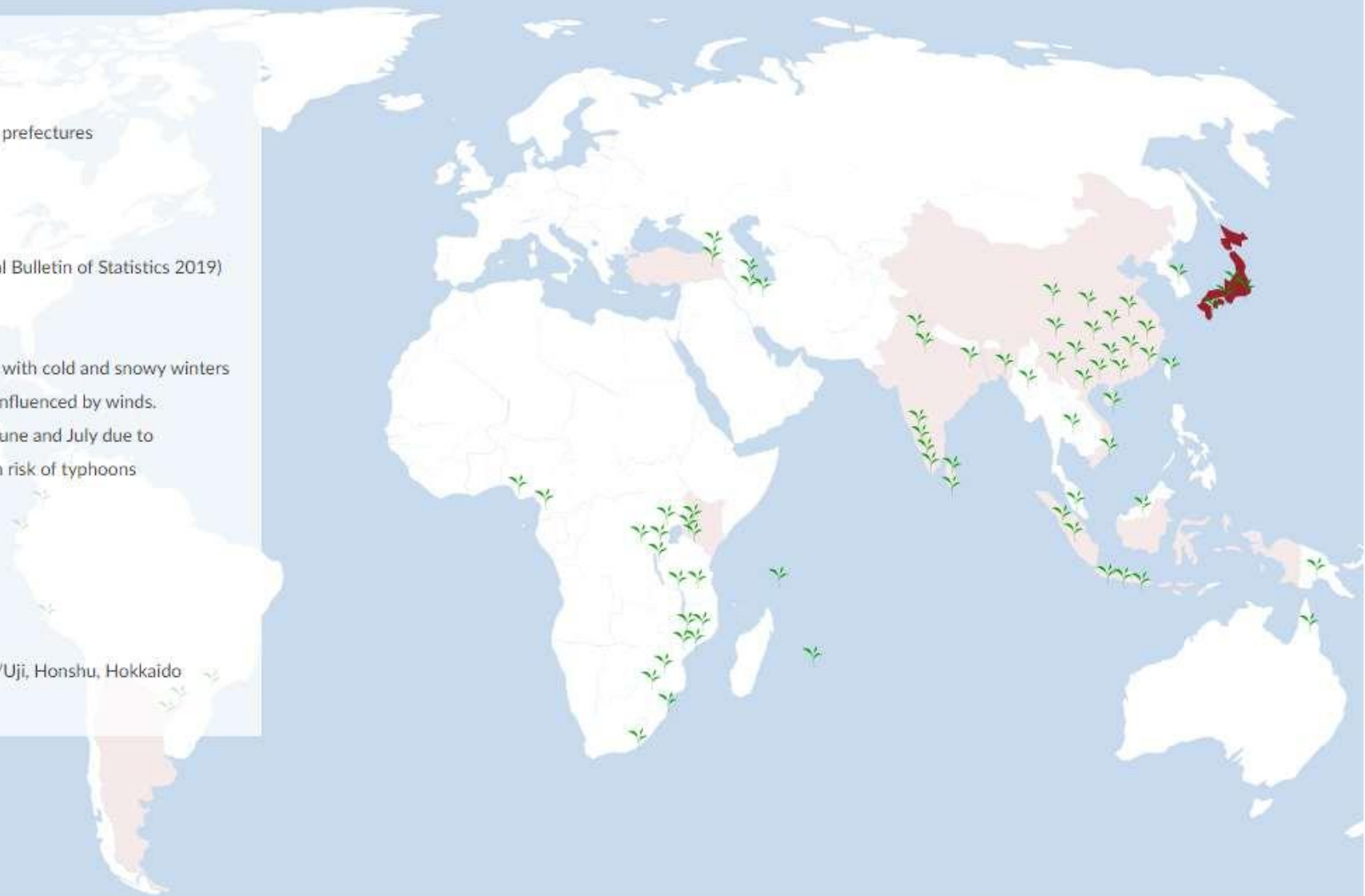
Precipitation maximum between June and July due to monsoons. In summer and autumn risk of typhoons

### Main harvest time:

April to September

### Main cultivation areas:

Shizuoka, Kyushu, Shikoku, Kyoto/Uji, Honshu, Hokkaido



## Turkey

Annual production:  
252,000 tons (2018)

(Source: Supplement to ITC Annual Bulletin of Statistics 2019)



## Vietnam

Altitude:

0-650 m

Annual production:

163,000 tons (2018)

(Source: Supplement to ITC Annual Bulletin of Statistics 2019)

Climate:

Warm to hot temperatures year-round and high humidity throughout the tropical monsoon climate. Most rainfall between May and October with the southwest monsoon

Main harvest time:

End of April to November



**Ha Giang**

(21,000 ha)

**Phu Tho**

(16,200 ha)

**Yen Bai**

(7,800 ha)

**Thai Nguyen**

(21,500 ha)

**Tuyen Quang**

(8,500 ha)

**Lam Dong**

(12,600 ha)

largest tea growing provinces in Vietnam are Thai Nguyen (21,500 ha), Ha Giang (21,000 ha), Phu Tho (16,200 ha), Lam Dong (12,600 ha), Tuyen Quang (8,500 ha) and Yen Bai (7,800 ha). Besides, there are several Vietnam's notable tea growing areas such as Tuyen Quang, Yen Bai, Son La, Bac Kan, Nghe An, and Ha Tinh.

fresh tea bud production in Vietnam achieved more than 1.1 million tons in 2022.



the tea sector provides livelihoods to 500,000 tea farmers and workers in 500 processing facilities in Vietnam. The industry is export-oriented as 80% is exported to foreign markets.



Hợp Tác Xã chè Hào Đạt  
0968 746 042

Hợp Tác Xã chè Hào Đạt  
Độc lập  
VÙNG SẢN QUÁT CHÈ THỜI TIẾT CHUẨN MẪU CỬ VIỆT NAM



March  
2024  
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March  
2024

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69

## Indonesia

### Altitude:

Java 600 m-1,900 m, Sumatra 650 m-1,500 m

### Annual production:

131,000 tons (2018)

(Source: Supplement to ITC Annual Bulletin of Statistics 2019)

### Climate:

Tropical, tempered by sea winds. Average annual temperature 27° C. High humidity. Zones with varying rainfall. Dry season generally from April to October

### Main harvest time:

In Sumatra uniform quality throughout the year. In Java production of top quality during the dry season from July to September

### Main cultivation areas:

Sumatra, Java



## Argentina

Annual production:  
80,000 tons (2018)

(Source: Supplement to ITC Annual Bulletin of Statistics 2018)

Climate:

Rainy area in the north east of Argentina

Main growing area: Province Misiones



# Green teas

Green tea is a tea that is dried and not fermented. Japanese believe that it helps people to live longer and think better.



## *Gunpowder*

- are tea leaves which are tightly rolled up into little balls that reminds of gunpowder. They unwrap when they are brewing.
- Gunpowder should be brewed in 70°C water for about 4 minutes.



# Green teas

## *Chun Mee*

- is a tea that has brow-shaped leaves.
- it is stronger and more aromatic than *Gunpowder* tea because it has more *teine* in it.
- It should be brewed in 70°C water for about 3-4 minutes.



## *Natural Leaf*

- has a soft taste because it has the least amount of *teine* in it.
- It should be brewed in 50°C water for about 2-3 minutes.



# Green teas

## *Matcha*

- is a Japanese drink.
- It is green leaves powder.
- What's different, it has intense green color.
- The water should have 90°C-100°C and the powder should be stirred quickly using a bamboo (traditionally) whisk.



## *Genmaicha*

- is a tea mixed with brown rice and corn.
- It should be brewed in 90°C water for 1-2 minutes.



# Green teas

## *Lung Ching*

- means „*dragon well*” and it owes its name to the leaves’ movements during its brewing (the moves reminds of a dragon).
- Its taste is soft.
- *Lung Ching* is one of the oldest types of tea, monks, who drank it believed that it will help them put away bad thoughts.
- It should be brewed in 70°C water for about 3-5 minutes.



## *Sencha*

- has a intense taste and is probably the most popular of green teas.
- It should be brewed in 80°C water for about 2-3 minutes.
- *Gyokuro* is one of its best types (and should be brewed in 50°C water).



# Black teas

To make a black tea the leaves has to be withered, twisted, fermented and dried. It has to be fermented to achieve less tart and more intensity in its flavour (compared to green tea).



<https://eherbata.pl/lapsang-souchong-954.html>

## *Smoked teas*

- is made from leaves withered in smoke and the most popular of them is ***Lapsang Souchong***.
- The leaves are dried in pine fires' smoke. The leaves are long and have smoky aroma and taste.
- The brew is red colored. This kind of tea should be brewed in 100°C water for 5-7 minutes.



region:  
China,  
Fujian

# Black teas

## *Yunnan*

- is a tea that in Europe is considered to be the most valuable Chinese black tea.
- It comes from mountainous province called *Yunnan*.
- The leaves have intense red color and the flower buds are golden.
- The brew is soft and sweetish in taste.
- The tea should be brewed for 4 minutes.



## *Keemun*

- is grown since nineteenth century.
- It comes from Chinese *Anhui* province.
- The leaves are short and brown and the brew has light red color.
- The taste has something from chocolate in it.
- It should be brewed for 4 minutes.



<https://eherbata.pl/lapsang-souchorig-954.html>

# Black teas

## *Assam*

- is a tea from northern-east India and is harvested from spring to september.
- The tea has many species that can be orange to dark red.
- The tea is tart, strong and aromatic.
- The leaves are long.



## *Darjeeling*

- has soft, nutmeg taste.
- It is grown in *Darjeeling* in Himalaya and the harvest takes place in spring and in autumn (fall).
- It should be brewed for 3-4 minutes.



# BLACK Teas



# *Darjeeling*

Darjeeling Tea Plantation, India



## Red teas

Red tea is a tea which is half-fermented. They come from China and Taiwan.



## *Pouchong*

- is a tea that fermented for the shortest time.
- It is used in flavored teas, such as jasmine one.



## Red teas

### *Oolong*

- means „*black dragon*” and is considered one of the best teas in China.
- It fermented only in 20%, so the leaves are red on the edges.
- The taste is soft and fruity.
- The brew is red.
- The best *Oolongs* come from Taiwan.
- The tea should be brewed in 90°C water for 3-4 minutes, then the brewing time should be lengthen.
- This kind of tea should be brewed in a kettle.



### *Pu-Erh*

- is a tea that ferments and ages two times.
- It comes from China and Taiwan.
- It was known during *Tang* dynasty (seventh-tenth century), but back then the only person who could drink it was the Emperor.
- In one cup there should be less than a teaspoon of the leaves.
- The water should be boiling (100°C) and the leaves should be brewed for 2-7 minutes (depending on the liking).



# White teas

White tea is made from flower buds and leaves of tea bush. They are harvested manually in early spring. It is not fermented; it is only dried. The brew is light and soft in taste. The aroma is soft and the tea is lighter than green tea.

White tea is produced in China and it was known since tenth century. In one cup there should be about one teaspoon of leaves and the water should have 85°C. The tea should be brewed for 5-10 minutes.



## *Pai Mu Tan*

- means „white peony”.
- Rolled up leaves are covered in silver fluff.
- The taste is bitterish and the aroma is grape-like. It can be brewed up to 10 minutes.



## *Yin Zhen*

- means „silver needle” and is the most appreciated tea in the world.
- It is made from flower buds, what makes it the most expensive tea.
- In twelfth century the only person who could drink it was the Emperor and his court.
- The „silver needle” can be brewed up to 15 minutes.
- After brewing it is almost transparent and has fresh, sweet and sour taste.



## Yellow teas

They are expensive because they are made from young flower buds and leaves. The leaves are fermented, but the fermentation time is much shorter than red tea's fermentation. The production process is China's secret. Yellow tea is considered the most delicious tea of the world because of its soft taste and aroma. The color of the brew is light pink.

In 200 ml of water there should be 1 teaspoon of the tea leaves. The water should have 80°C-90°C and the brew should be brewed for 3-5 minutes.



## Junshan Yinzhen

is similar to Yinzhen tea. Junshan Yinzhen was Mao Tse Tung's favorite tea. The water should have 85°C.



# Yellow teas

*Huoshan Huangya*

comes from *Ming* and *Qing* dynasty.



*Huang Da Cha*

is a tea which is produced based on buddah recipe. It has spicy, soft aroma. Less known types of this tea are:

- *Da Ye Qing*;
- *Huang Tang*;
- *Meng Ding Huangya*.



# Flower teas

## 9 Most Popular Chinese Flower Tea



Rose Tea



Chrysanthemum Tea



Jasmine Flower Tea



Honeysuckle Tea



Osmanthus Tea



Peach Flower Tea



Lavender Tea



Lily Tea



Magnolia Flower Tea

**Tea-like**

**brews**



Tea-like brews -

# *Honeybush*

Cyclopia, better known by the common name Honeybush, or Heuningbos in Afrikaans, is a genus of some 20 species of flowering plants. The leaves of honeybush are commonly used to make herbal teas. It grows only in small areas in the southwest and southeast of South Africa and has many similarities with rooibos.

Honeybush is so named because the flowers smell of honey. The taste of honeybush tea is similar to that of rooibos but a little sweeter.



Tea-like brews -

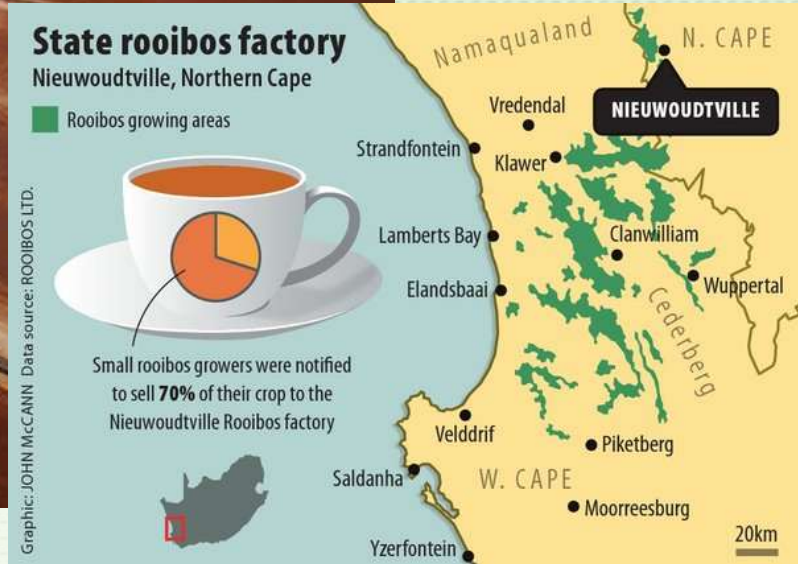
# *Rooibos*

Rooibos; *Aspalathus linearis*), meaning 'red bush'; is a broom-like member of the plant family Fabaceae that grows in South Africa's fynbos.

The leaves are used to make a herbal tea that is called by the names: rooibos (especially in Southern Africa), bush tea, red tea, or redbush tea (predominantly in Great Britain). The tea has been popular in Southern Africa for generations, but is now consumed in many countries worldwide. It is sometimes spelled rooibosch in accordance with the original Dutch for 'red bush'. The tea has a taste and color somewhat similar to hibiscus tea, with more or less of an earthy flavor like yerba mate.



<https://cederberggridge.co.za/2019/10/02/history-of-rooibos-tea-industry/>



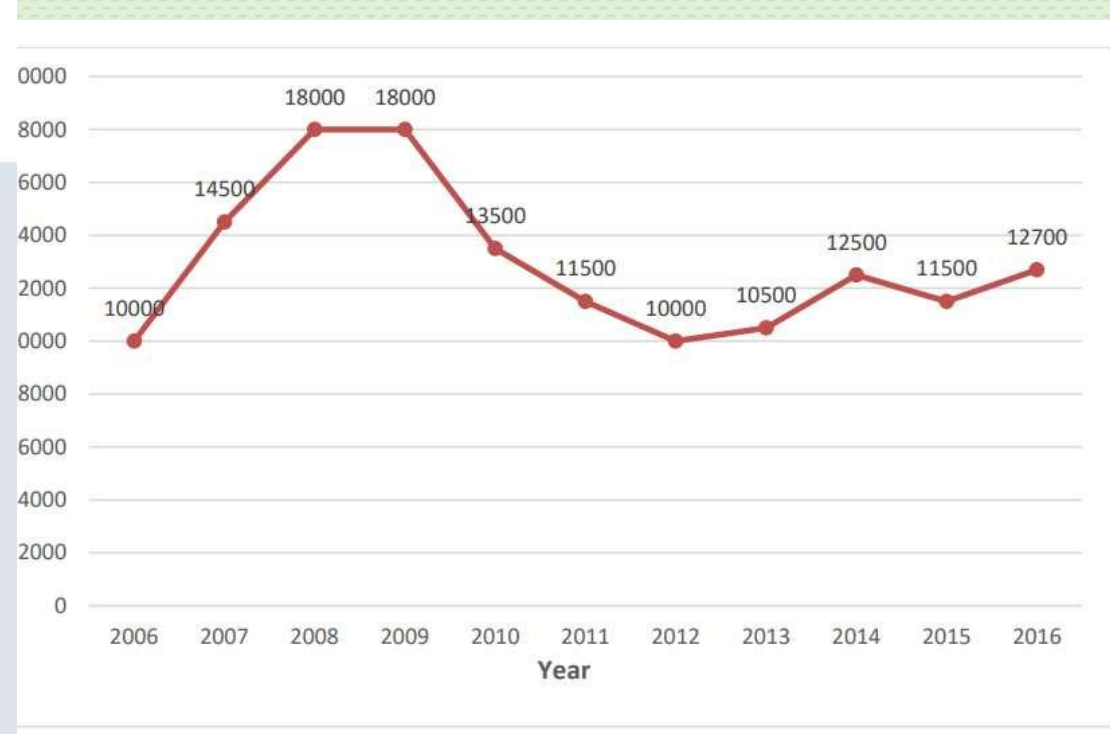
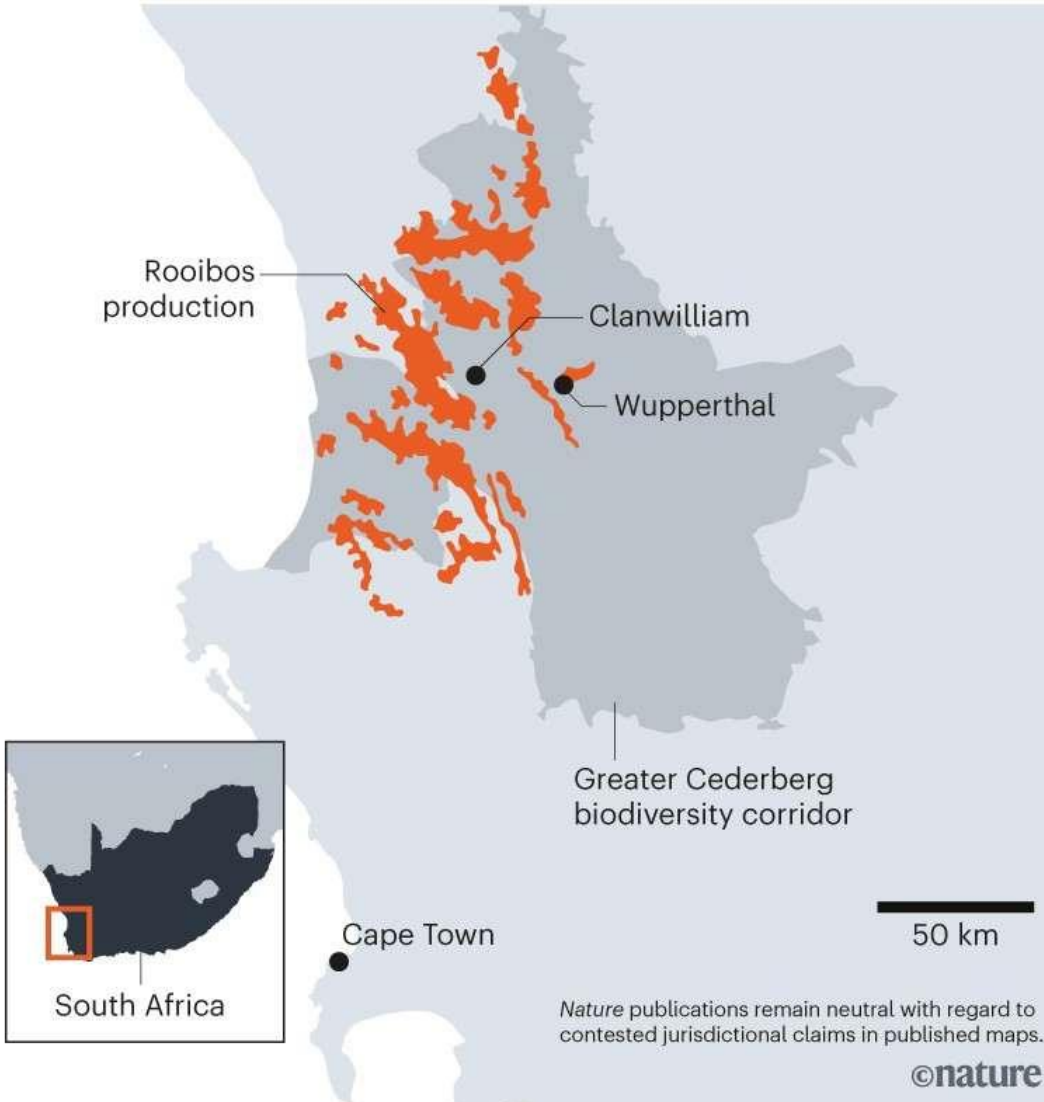
©Rooibos Ltd

*An aerial view over the drying yards where rooibos cuttings are dried in the sun.*

<http://southafrica.co.za/rooibos-tea-production.html>

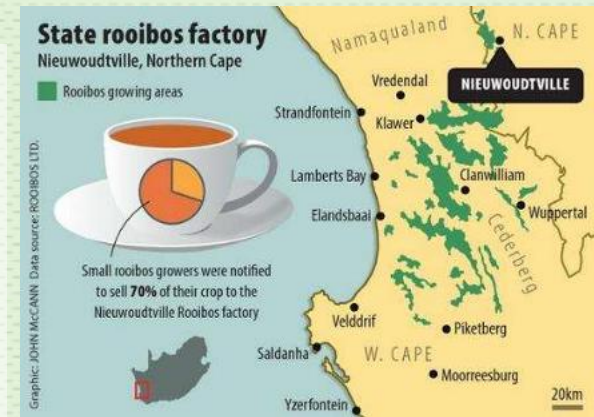
# THE ROOIBOS BELT

Rooibos is endemic to Cederberg, one of South Africa's most biodiverse regions, which is north of Cape Town.



*@Rooibos Ltd  
Rooibosa area and yields.*

<http://southafrica.co.za/rooibos-tea-production.html>



## Tea-like brews



### *Yerba mate*

Yerba mate or yerba-maté[is a species of the holly genus (*Ilex*), with the botanical name *Ilex paraguariensis*

Yerba mate is used to make a beverage known as mate. When served cold, the drink is called tereré in Guaraní. It is traditionally consumed in central and southern regions of South America, primarily in Paraguay, as well as in Argentina, Uruguay, southern and central-western Brazil, the Chaco region of Bolivia and southern Chile. It is also popular in the Druze community in Syria and Lebanon, where it is imported from Argentina. Yerba mate was first cultivated and used by the indigenous Guaraní people and in some Tupí communities in southern Brazil, prior to European colonization.



Source: [https://en.wikipedia.org/wiki/Yerba\\_mate](https://en.wikipedia.org/wiki/Yerba_mate)

# What is yerba mate?

Yerba mate (*Ilex Paraguariensis*) is a native tree from the greenforest in South America.

In the wild, this tree reaches a height of between 12 and 16 meters. To perform the harvest, the plants are pruned to a height of 3 meters.

The word derives from the Quechua “mati” meaning gourd (*Lagenaria vulgaris*).

Yerba harvest is done manually. Begins in April or May and lasts until September.

After harvesting, the tree regenerates yerba mate and produce more leaves.



Franz Eugen Kohler, *Kohler's Medicinal-Pflanzen*

# *Yerba mate*



## Chemical composition and properties of Yerba Mate

Yerba mate contains a variety of polyphenols such as the flavonoids quercetin and rutin.

Yerba mate contains three xanthines: caffeine, theobromine and theophylline, the main one being caffeine. Caffeine content varies between 0.7% and 1.7% of dry weight (compared with 0.4–9.3% for tea leaves, 2.5–7.6% in guarana, and up to 3.2% for ground coffee);

Yerba mate also contains elements such as potassium, magnesium, and manganese.

Source: [https://en.wikipedia.org/wiki/Yerba\\_mate](https://en.wikipedia.org/wiki/Yerba_mate)

# Tereré -

(of Guaraní origin) is an infusion of yerba mate (botanical name *Ilex paraguariensis*), similar to mate but prepared with cold water and ice rather than with hot water, and in a slightly larger vessel. This infusion has its roots in Pre-Columbian America, which established itself as traditional in the Guaranitic region during the time of Guaraní-Jesuit Missions, just as the Jesuit chronicles of the 17th and 18th centuries give certainty.

The Guaraní people call this infusion ka'ay, where ka'a means herb and y means water.

# Yerba mate



Matero –  
vessel from  
tereré

**Bombilla** – pipe  
to drink yerba  
mate



Guampa – a  
cup made  
from a bull's  
horn

# Yerba Mate in Argentina

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# Where is yerba mate produced?

As the world's leading producer of yerba mate, Argentina cultivates the tree with production practices that are one hundred percent natural. Within Argentina, the plant is cultivated in the Misiones Province, where the trees thrive in the region's humid, subtropical climate, growing to approximately 40-50 ft. tall before being harvested. In this region of northwest Argentina, the production chain it is made up of small producers, dryers and mills. Yerba mate leaves are similar to wine in their aging process, which can take anywhere from one month to three years to age depending on the variety. From germination to packaging, it takes approximately five years to harvest just one crop of yerba mate.



# Benefits of yerba mate

Argentinian yerba mate is one of the next big trends on the horizon, and it's about to become your next superfood obsession. Yerba mate has been enjoyed in Argentina for many centuries for good reason – it's an energizing, rich source of powerful antioxidants (**more** than even green tea) and packed with B vitamins, vitamin C, zinc, potassium and manganese. Keep reading for more reasons to say yes to yerba mate.

## Mindful Morning Energy

Yerba mate can be part of a healthy morning routine similar to the way you would enjoy a quiet cup of coffee. One cup of yerba mate contains 78 mg of caffeine, which falls just a tiny bit lower than the 85 mg that you get from a regular old cuppa joe. So yerba mate just might be what you need if it's a morning boost you're looking for, with a mindful morning zen factor of slowing sipping tea.

## Helps your body detox

Thanks to your liver, your body has its own natural detoxification system, but mate can be of extra help. It has been found to 'hepatoprotective' which translates to: 'protecting your liver cells', as well having shown potential as a digestive aid.

## Reduces Inflammation

It's rich in powerful antioxidants, and researchers now think it's particularly good at reducing inflammation. Its antioxidant capacity has been shown to be even higher than green tea. Its nutrient profile boasts B vitamins, vitamin C, zinc, potassium and manganese, and its primary compound chlorogenic acid, is a polyphenol that acts as an antioxidant in the body. Because of this composition, it's found to be more similar to coffee than green tea.

## Can help with weight loss

It even has some research backing its effectiveness in weight control. Obese men and women consuming mate tea have shown a decrease in their carbon dioxide production, which indicates an increase in fat oxidation, or the use of the body's fat stores as a source of energy.



## Benefits of yerba mate

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### Protects your heart

**Yerba mate can help your heart, too. Mate is capable of vaso relaxation or the dilating of your blood vessels, meaning it increases your body's healthy circulation. Similar to red wine in this way, it has potential to lower heart disease. Mate has also been able to reduce cellular processes that can otherwise constrict your circulation if not properly balanced. It can also protect your body against tissue damage due to oxidation of cholesterol, which is a known cause of circulatory complications such as atherosclerosis.**



### Protects your DNA

**Liver cells aren't the only thing yerba mate can protect. Studies also showed that the regular consumption of this beverage could protect your DNA cells, too. Higher than both green tea and red wine, mate had the ability to protect you against around the clock damage done to our cells caused by our environments and lifestyles that could otherwise produce damaged, or even cancerous cells.**





Witamina  
**B1**  
0,21 - 1,26  
mg

Witamina  
**B3**  
0,8 - 1,7  
mg

Witamina  
**B6**  
0,36 - 0,8  
mg

Witamina  
**C**  
2,4 - 9  
mg

Witamina  
**A**

Witamina  
**B2**

Witamina  
**B5**

Witamina  
**B9**

Witamina  
**B12**

Witamina  
**E**

**Składniki odżywcze (50g/500ml wody) \* Wartość**

kalorie	13 - 71 kcal	sód	5,1 - 61 mg
węglowodany	2 - 13 g	żelazo	1 - 2 mg
cukry	1,9 - 4 g	wapń	5 - 58 mg
białka	0,72 - 5,4 g	magnez	28 - 185 mg
tłuszcze	0 g	fosfor	13 - 52 mg
błonnik	0,3 - 22 g	potas	250 - 547 mg
		kofeina (mateina)	0,3 - 0,8 r

\* na podstawie wybranych produktów yerba mate różnych marek:  
Amamanda, CBSe, Colon, Kraus, Kurupi, Pajarito, Pipore,  
Coca Del Mundo, Rosamonte, Selecta, Taragui, Union

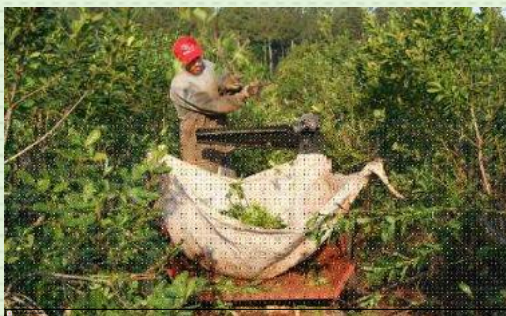
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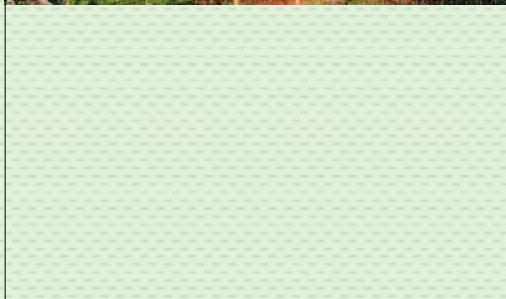
<https://zielonytarg.pl/9-wlasciwosci-yerba-mate-o-ktorych-musisz-wiedziec.html>

# Elaboration process

1. Harvest



2. Drying



3. Dehydration



<https://yerbamateargentina.org.ar/galeria/>

4. Aging



5. Laboratory



6. Grinding



7. Packing



## Infusion variants

- Bitter mate
- Sweet mate
- Milk mate
- Mate with other herbs



## Tea mate

- Tereré
- Cooked mate
- Soda
- Refreshing mate
- Syrian mate
- Yerba mate beer

# HOW TO MAKE YERBA MATE TEA



**1**  
Bring the water or milk to a simmer rather than a boil. Using boiling water results in a more bitter tea.



**2**  
If you use a loose tea, then use about 1 tsp per cup (less if you want it weaker, more if you want it stronger).



**3**  
Let the tea steep for 3-5 minutes.



**4**  
You can then have it hot or iced, adding lemon, mint or your favorite natural sweetener.



**5**  
Yerba mate can also be made using a french press, coffee maker or tea pot.

**Dr. Axe**  
FOOD IS MEDICINE

<http://www.chamate.in.th/2016/12/12/yerba-mate-healthier-than-green-tea-a-cancer-killer-dr-axe/>

Argentina is the largest exporting country of yerba mate in the world.

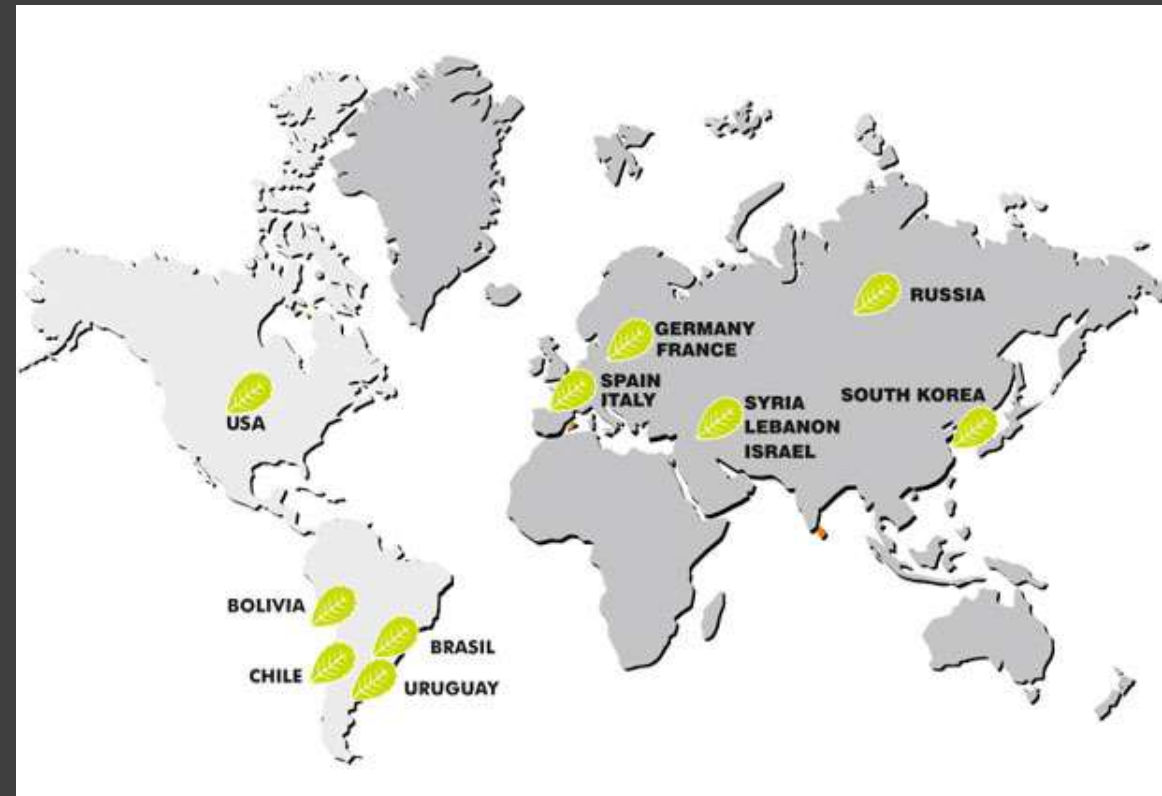
Yerba mate is consumed by thousands of people in different countries around the world because of its nutritional properties and variety in the ways of consumption.

The main export destination is Syria.

The National Institution of Yerba Mate (INYM) is located in Posadas, Misiones Province, Argentine Republic.

It was created with the objective of promoting and strengthening the production, industrialization, trading and consumption of the yerba mate and its by products.

## Yerba mate in the world



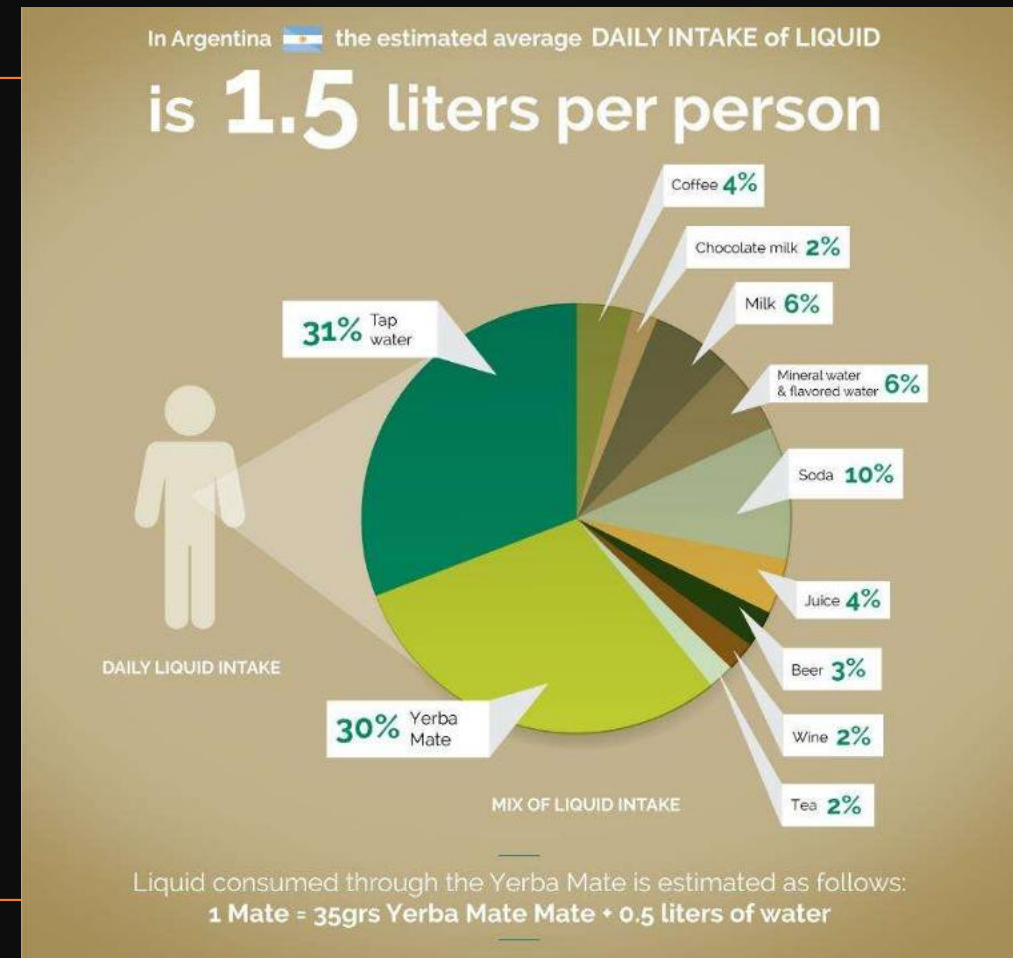
Argentina produces two of the most demanded infusions in the local market: Tea and yerba mate (mate tea). Both are present in the majority of Argentine homes and are consumed at any time of the day. On the other hand, both share the same production area: Misiones and the northeast of Corrientes.

The tea plant (*Camellia sinensis*) is a species originated in the East that, at present, is cultivated and consumed in the five continents. With the same raw material (shoots and leaves of the above mentioned species) diverse final products are obtained, according to the method of industrialization, botanic variety, growing technologies, season, or crop type. The best known tea varieties are black tea, green tea, red tea and white tea.

It is important to point out that the region where Argentine tea is grown is the farthest south in the world, and produces mainly black tea. The principal destination of the country's production is the export market, and year after year, Argentina is gaining importance as tea producing and exporting country.

The yerba mate (*Ilex paraguariensis* Saint Hilaire) originated in the subtropical regions of Argentina, Brazil and Paraguay, and its natural distribution area is restricted to those countries. It is consumed in various ways: in Argentina the most traditional form consists in placing the yerba mate in a specific container, pour hot water on it and suck the infusion by means of a special tube. When the weather is hot the water used may be cold. The mate tea may be drunk also from a cup, in which case the beverage is prepared in a way similar to tea.

This product forms part of a deep-rooted tradition in Argentina and neighboring countries, and has an enormous potential for increasing its insertion in the world market.



<https://yerbamatemarket.tumblr.com/>

## PRODUCTION

In green leaf harvest, during 2019 the highest historical figure was recorded. While in 2018 809,291,816 kilograms were obtained, last year that figure stood at 837,256,020 kilos, that is, 28 million more according to the sworn statements made by the INYM by the operators that deliver raw materials in the establishments of the producing region.



## EXPORTS

As for exports, there is a growing demand.

In 2019 they added 39,834,063 kilos of shipments to other countries, being a slightly lower figure than 2018, when 43,002,819 kilos were counted.

In all cases, the data is encouraging, as it indicates a sustained increase in both green leaf production and sales of the product produced within Argentina and shipments to other countries.

Cuadro 5. Yerba Mate a Salida de Molino – Mercado Interno – Histórico

PERIODO	2015	2016	2017	2018	2019
Enero	19.672.318	18.102.305	18.514.333	20.591.756	20.514.862
Febrero	18.905.759	19.831.130	19.092.017	18.152.551	21.622.395
Marzo	20.146.801	20.801.678	25.503.124	21.473.637	23.399.497
Abril	22.732.559	22.185.199	21.304.310	22.479.027	23.475.087
Mayo	22.907.138	23.932.476	23.488.007	24.001.217	24.954.277
Junio	22.306.941	21.745.015	22.534.453	22.563.985	21.038.565
Julio	22.032.994	22.615.123	22.640.657	23.296.912	23.650.573
Agosto	20.505.086	23.834.015	24.056.605	24.094.118	24.233.614
Septiembre	21.156.973	22.783.299	23.017.931	22.666.898	24.957.294
Octubre	20.188.361	19.709.407	22.227.437	24.522.210	26.319.456
Noviembre	19.843.139	18.847.077	19.830.427	20.505.305	22.681.350
Diciembre	19.809.914	18.002.799	18.100.350	17.826.865	20.485.044
<b>TOTAL</b>	<b>250.207.983</b>	<b>252.389.524</b>	<b>260.309.652</b>	<b>262.174.480</b>	<b>277.332.014</b>

Valores expresados en Kilogramos.-

Valores expresados en kilogramos. Incluye yerba mate envasada estampillada / Yerba mate con destino al mercado interno para venta al público sin estampillas (soluble, saquitos, etc.).

<https://www.inym.org.ar/aumentaron-la-produccion-y-el-consumo-de-yerba-mate-en-la-argentina/>

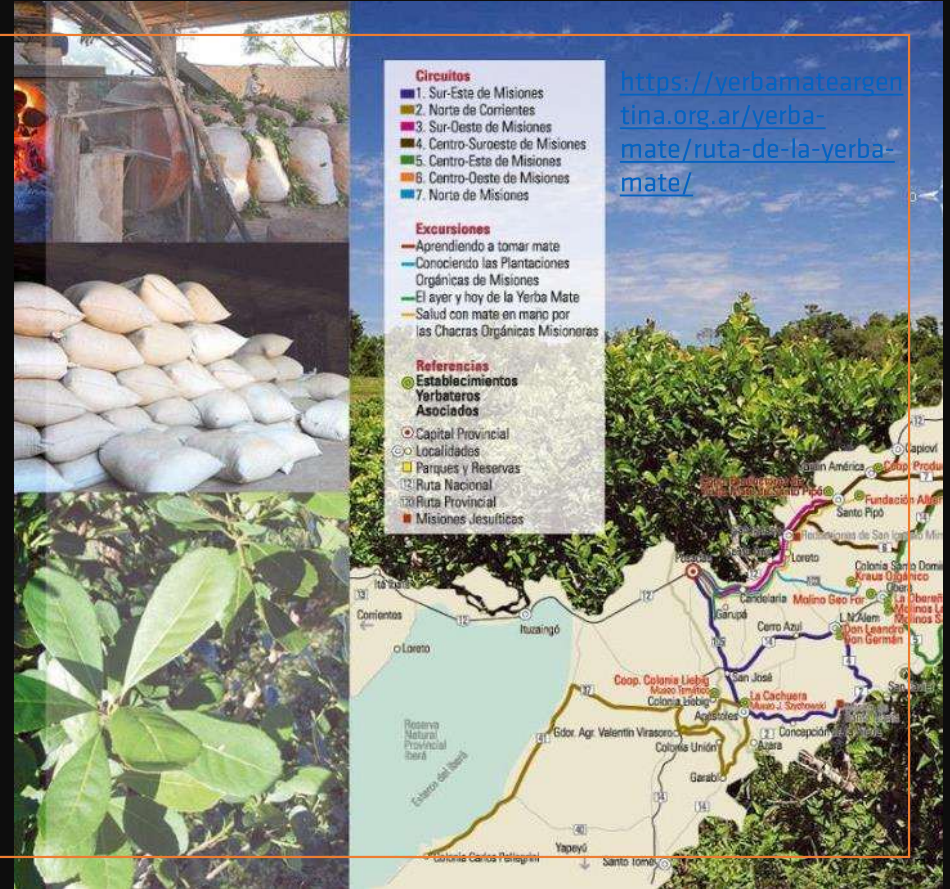
## CONSUMPTION

Consumption is also positioned with the highest historical figure. If we compare the statistical data for 2018 and 2019, a notable increase in kilograms that left the mills for the domestic market is evident. Between January and December of the first year, 262,174,480 kilos are counted, and in that same period of the last year, 277,332,014, which represents an additional 15 million kilos.

# The Yerba Mate Route is part of the food routes, which combine tourism with gastronomy, highlighting rural production in the provinces of Misiones and Corrientes, making yerba mate the protagonist.

Many of the establishments offer to tour their yerbales, visit the packaging plants and even do tastings and guided tours that explain the production process. Yerbateros establishments that can be visited (access is free):

- ✓ Cooperativa Agrícola de la Colonia Liebig: Get to know part of the production process of Yerba Mate Playadito and taste products.
- ✓ Cooperativa de Productores Jardín América Ltda. : Learn about the production process of Yerba Mate Flor de Jardín and taste products.
- ✓ Cooperativa Agrícola Mixta de Montecarlo: Visitors can learn about the process of milling and packaging the Yerba Mate Aguantadora, learn about the history and taste products.
- ✓ La Cachuera Establishment: Visits to the Juan Szychoskyi Historical Museum,
- ✓ Las Marías Establishment: Learn about the Yerba Mate Taragüi production process and product tasting.
- ✓ Yerba Mate Producers from Santo Pipó: Learn about the Yerba Mate Piporé and Museum production process.



In 2007 the INYM decided to finance the project and in 2008 the “Yerba Mate Route Association” (FYROM) was created whose members belong to different sectors (yerbateros producers, agro-industries, gastronomic sector, cultural sector, accommodation, companies of transport, travel and tourism companies). It is also possible to stay in ranches, cabins, inns and hotels and why not, take walks and horseback rides in contact with nature and visit museums and historical sites.



<https://www.destinonea.com/wp-content/uploads/2018/10/2YGVKDC4NJBK30CRQEZJ36WESY.jpg>

Playadito



Datos del mapa ©



# Cooperativa Agrícola de la Colonia Liebzig

A group of German settlers settled in the northeast of the Province of Corrientes, founding Colonia Liebzig, and Ukrainian and Polish immigrants living in the Colonia de Apóstoles joined some years before.

Together with their capacity for work and sacrifice, these pioneers founded the Colonia Liebzig Agricultural Cooperative on December 19, 1926.

They are especially dedicated to the processing, marketing and distribution of yerba mate with a national scope.

We also develop production activities in Livestock, Forestry and Beekeeping.



## *From Misiones to Corrientes: this is the Yerba Mate route*

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In the provinces of Misiones and Corrientes (Argentina), where nature is generous and the heat is intense, yerba mate is cultivated. Through green landscapes and friendly towns, this route takes travelers to the origins of one of the oldest and most typical Argentine customs.

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The Yerba Mate Route leads travelers to tour artisan, ecological and industrial establishments, where you can learn about the entire production process, from the extensive plantations through to harvesting, drying, milling and packaging the product. end.

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In addition, the visitor will be able to make tastings of herbs - traditional, organic, leaf only, among others -, discover their energizing properties and learn all the aspects of the "mate ceremony", which is an important part of the daily life of Argentines.



<https://www.destinonea.com/de-misiones-a-corrientes-asi-es-la-ruta-de-la-yerba-mate/>

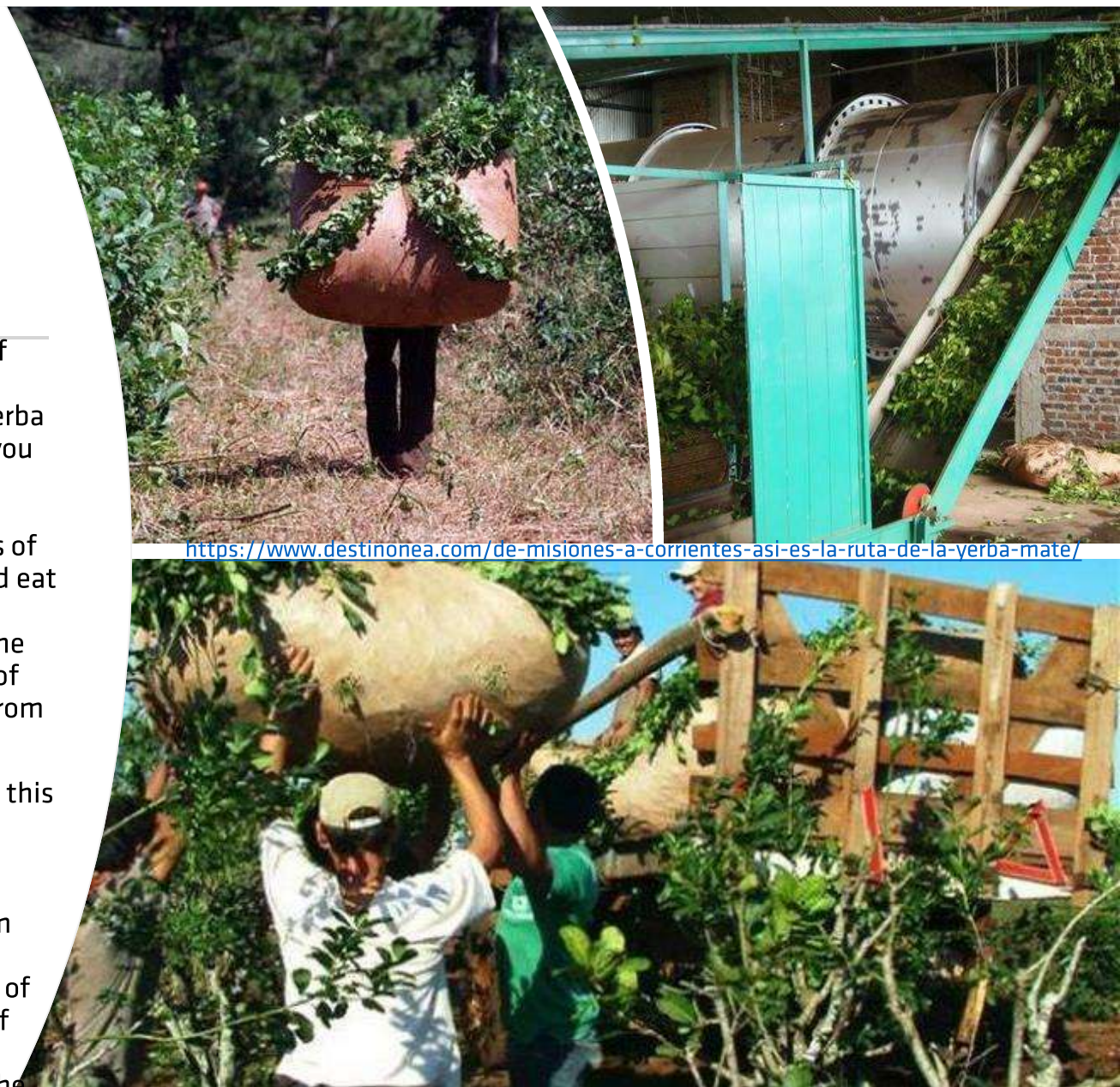
## *From Misiones to Corrientes: this is the Yerba Mate route*

### CIRCUITS IN THE PROVINCE OF MISIONES

✓ **Southern Circuit of Misiones:** this circuit begins in the town of Leandro N. Alem. There you visit the Don Leandro Yerbatero Establishment where you can appreciate the production of Yerba Mate, from harvest to preparation for consumption. In turn, you can visit other rooms that have various citrus productions. After enjoying Alem, the circuit heads south to the city of Concepción de la Sierra, where before visiting the Jesuit Ruins of Santa María la Mayor. It is an ideal place to enjoy the river and eat good fresh fish. Finally the circuit continues to Apostles where you can visit the Museum of the pioneer Juan Szychowski and the production of his Yerbatero Establishment La Cachuera just 13 kilometers from the city.

✓ **Caraguatay, Montecarlo, Eldorado, Victoria, Andresito Circuit:** this circuit begins in the north of the province of Misiones, in Andresito which is located to the extreme east from Puerto Iguazú. There we visit the Establishment of the Yerbatera Andresito Cooperative, we go through its production and learn about the history of Yerba and the natives of the area. The Circuit continues south along the Paraná River in the city of Eldorado, where you can visit the herbalist Juan Alfredo Imhof "Good Day".

Continuing south in Montecarlo this circuit ends by visiting the



<https://www.destinonea.com/de-misiones-a-corrientes-asi-es-la-ruta-de-la-yerba-mate/>

## *From Misiones to Corrientes: this is the Yerba Mate route*

### CIRCUITS IN THE PROVINCE OF MISIONES

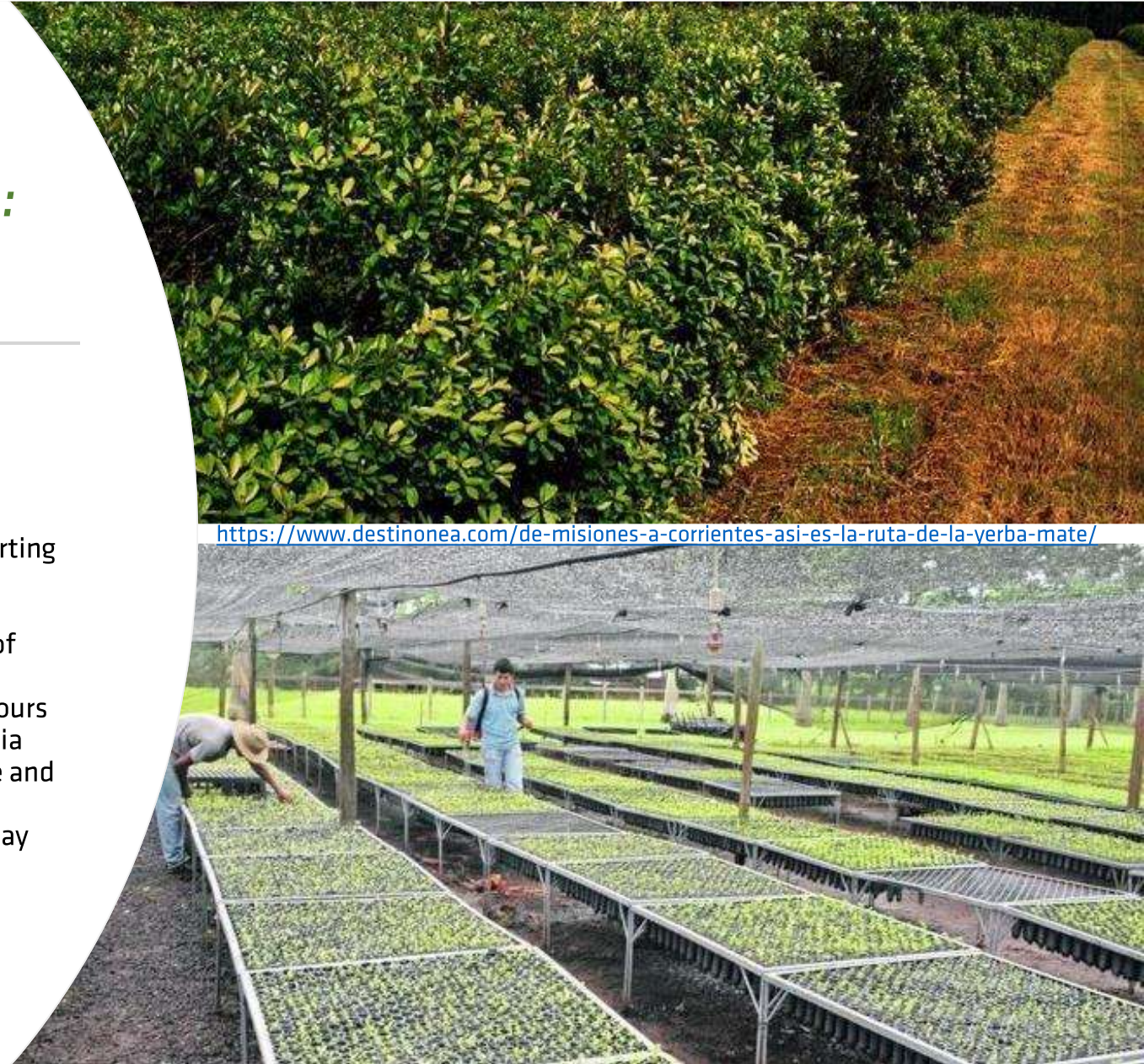
- ✓ **Circuit Aristóbulo Del Valle:** this circuit goes north, inside the center of Misiones (Argentina), where you can visit the Don Jacobo Ortas establishment, where in addition to visiting the yerbatero field you can continue with the natural jumps near the town as Salto Encantado, Salto Paredón and the Aboriginal Community Cuñá Piurú.
- ✓ **San Ignacio Capioví Circuit:** leaves north to Santo Pipo, where you visit the Yerba Mate Santo Pipó SCL Piporé Production Cooperative. There you will be able to observe and know the whole process where Yerba Mate is born and generated for consumption in all households in Argentina
- ✓ **Posadas - San Ignacio Circuit:** this route can be combined with section 4 of the Yerba Mate Route. It begins in the city of Posadas. After touring the capital of Misiones, we head north along historical Estancias Misioneras, such as Estancia Kraus, a herbalist establishment 85 kilometers from Posadas. Continuing along National Route 12, you will reach the Jesuit Estancia de Santa Ana, the Jesuit Estancia de Loreto and finally San Ignacio where there are several attractions to visit. Continuing north, you access the town of Santo Pipó where you can visit the farm of Yerba Mate de Santo Pipó Sociedad Cooperativa Ltda, producer of Yerba Mate Orgánica.



## *From Misiones to Corrientes: this is the Yerba Mate route*

### CIRCUITS IN THE PROVINCE OF CORRIENTES

- ✓ **Colonia Unión - Colonia Liebig - Governor Virasoro**  
**Circuit:** this circuit includes towns in Corrientes, starting with Governor Virasoro. In this town, the famous Estancia Las Marías is visited, where visiting the yerbatero establishment you will learn the secrets of one of the best-known yerba mate companies in Argentina. After touring Gobernador Virasoro and tours of nature trails, the circuit continues towards Colonia Liebig. There you go through the Liebig Cooperative and you can visit the Salto la Cachuerita to finish the section of the Yerba Mate Route in a very natural way in Corrientes.





# Juan Szychowski Museum

La Cachuera SA, the oldest of the active yerbateras companies in the province, faithful to its vocation and commitment to the region, inaugurated in August 1997 this Historical Museum named after its founder, "Juan Szychowski" , which, on February 17, 1999, by Resolution N 021/99 of the Secretary of Tourism of the Province of Misiones, has been declared a Provincial Tourist Interest



Everything was carried out in the area where the life and work of this man developed, possessing a visionary and laborious personality.

There, the visitor can feel transported by the magic of time, appreciating his work in its natural state, carefully preserved in its historical and ecological aspect



## How to arrive?

We are in the town of Apóstoles,  
Misiones province, Argentina

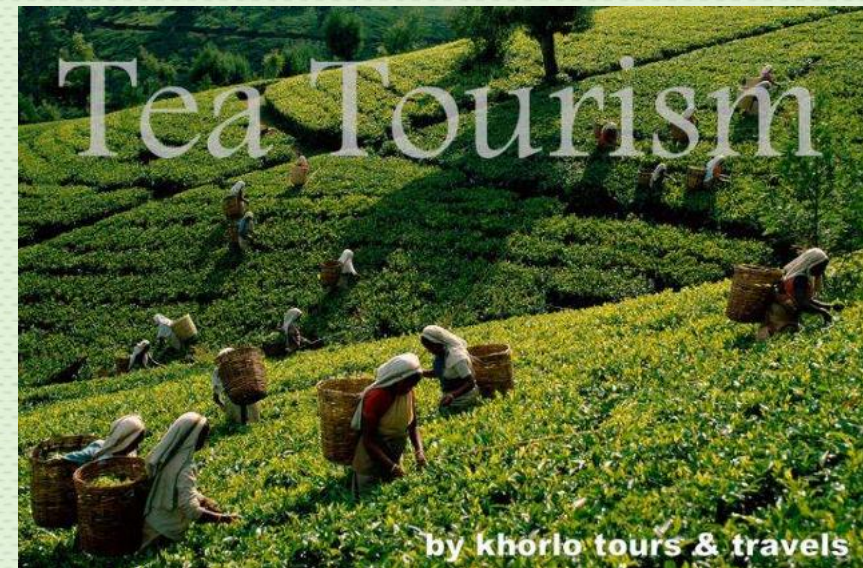


# Tea tourism opportunities – some examples

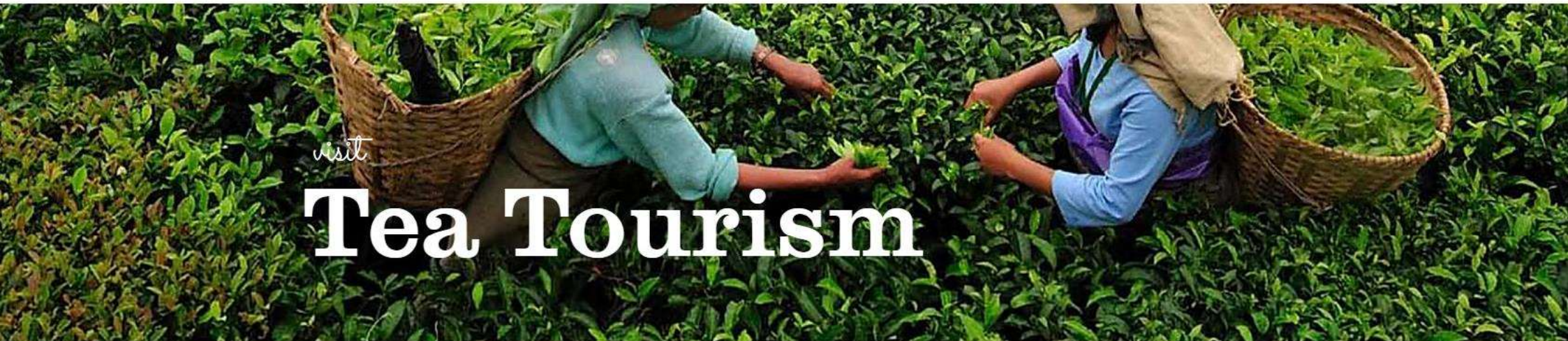
Addabarie Tea Estate	Assam, Northeast India
Heritage North East Thengal Manor	Jorhat, India
Makaibari Tea Estate	Darjeeling, West Bengal
Glenburn Tea Estate	Darjeeling, West India
Kannan Devan Hills Plantations Company	Munnar, Kerala, India
Sourennee Tea Resort	Mirik, West Bengal
Longjing, Hangzhou, Zhejiang Province	China
Wuyi Mountains, Fujian Province	China
Yunnan Province	China



<https://www.purvidiscovery.com/blog/tea-tourism-in-india>



<https://teatourism.wordpress.com/>



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source:  
<https://www.newchumtatea.com/visit>



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<https://www.worldteatours.com/>



# Kurs na herbatę

Tea travels of Maciej  
Stafiej

[https://kursnaherbate.pl/  
kategoria/podroze/](https://kursnaherbate.pl/kategoria/podroze/)



PODRÓŻE / 25 LISTOPADA 2016

## Plantacja herbaty na Sri Lance

Podróż po herbacianych plantacjach Sri Lanki:  
Podróż po plantacjach herbaty na Sri Lance,  
była zaplanowana na...

KONTYNUUJ CZYTANIE



SRI LANKA / 4 LIPCA 2016

## Herbata rośnie w dżungli!

Gdy tuk tuk zatrzymał się, a ja opuściłem jego...

## The Yerba Mate Route

The 'Ruta de la Yerba Mate' (Yerba Mate Route) is a tourist trail around the Argentinian provinces of Corrientes and Misiones; created to show and explain everything related to one of the oldest and most genuine Argentinian traditions: Yerba Mate. This trail is considered unique and the main food-related route within the MERCOSUR (Southern Common Market).

The extensive itinerary offered by the Yerba Mate Route includes an overview of its history and its origins; as well as access to industrial and artisanal facilities to witness the production process, mate plantations, harvesting, milling, final packaging, etc. The route also includes tasting and gastronomic activities with exclusive menus based on yerba mate.



site for <https://www.rutadelayerbamate.org.ar>  
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**Thank you for your attention**