

ROOIBOS/RED BUSH

The caffeine-free herbal beverage that is rapidly gaining popularity due to its pleasant, tea-like character, sweet-fruity flavor and its numerous health benefits—delicious both hot and chilled!

The beverage Rooibos (referred to as “red bush” tea and pronounced “Royboss”) originates from the *Aspalathus linoraris* plant from the Cederberg Mountains in the Western Cape region of South Africa. In 1904, the Russian immigrant Benjamin Ginsberg witnessed the preparation of Rooibos and began marketing it in South Africa. In 1930, the physician and botanist Dr. Peter la Fras Nortier, together with local farmers, developed methods of cultivation.

Dr. Hiroshi Maeda, the internationally famous scientist in the study of the effect of active oxygen and super radicals on organisms, at the Department of Medicine of the University of Kumanota, Japan, conducted research studies that proved Rooibos contains far more antioxidation action which works to neutralize active oxygen than any other drink. The research shows that Rooibos has more antioxidant action than green tea. The longer you brew it, the more antioxidant qualities. The recommended brewing time is 4-10 minutes for a delicious cup of Rooibos. When brewing Rooibos, the brewing process for taste ends at 4 minutes. This infusion will not become bitter.

The Rooibos infusion tastes much like tea, but is 100% caffeine free and is found to be rich in vital minerals and Vitamin C. It is popular among athletes as it is a rich source of depleted minerals after a workout. **Three grams of Rooibos in 8 ounces of water contain: 1.09 mg. of calcium, 0.22 mg of fluoride, 0.07 mg of iron, .04 mg of manganese, 1.57 mg of magnesium, 7.12 mg of potassium, 6.16 mg of sodium, and 0.04 mg of zinc.** Rooibos is also very low in tannins, which are said to inhibit the absorption of protein and iron.

Rooibos can strongly be recommended for people suffering from irritability, headaches, disturbed sleeping patterns, insomnia, nervous tension, mild depression or hypertension, as it contains no caffeine and has a soothing effect on the central nervous system.

Although Rooibos is not a cure for acute diseases, its healing properties seem well proven and go beyond those of other herbal remedies. It has been beneficial for those who have stomach and indigestive problems like nausea, vomiting, heartburn, stomach ulcers and constipation. It has anti-spasmodic properties, relieving stomach cramps and colic. It contains no oxalic acid and can be drunk freely by people suffering from kidney stones.

One of the most reported benefits has been in the management of allergies like hayfever, asthma, and eczema. It has a soothing effect on the skin when directly applied, giving relief for diaper rash and other skin irritations. As a bonus, Rooibos tastes so good that it is a treat as much as it is a health beverage.

Information provided by Rooibos Limited

Honeybush (*cyclopia spp.*) also indigenous to the cape of South Africa, is similar to Rooibos. It derives its name because it has a pleasant, mildly sweet taste and aroma, somewhat like honey. It has traditionally been used for treatment of coughs, as an aid in regulating blood sugar, and in reducing menopausal symptoms.

PREPARATION

Prepare 1 heaping teaspoon per 8 oz. boiling water. Steep at least 4 minutes, preferably 5 minutes. You may also cook the Rooibos for a richer taste. For iced tea, steep for 10 minutes. Chill before pouring over ice. Adding honey or sweetener while warm will enhance the flavor.

TEA EMBASSY ROOIBOS MENU

Red Bush & Honeybush—South African Herb Teas sold in 2oz minimums, 4oz, 8oz, and 16oz opaque, resealable, zip pouches for freshness.
2oz prices—\$6.00 & \$8.00*

FRUITY BLENDS

- Blueberry***—Organic Rooibos with organic blueberries, schizandra berries & hibiscus
- Town Lake Rooibos**—Green Rooibos, cinnamon, candied papaya bits, date bits, verbena, ginger bits, cardamom, natural flavoring,
- Creativity**—Rooibos, lemon grass, apple bits, lemon peels, ginger, orange peels, basil, red pepper, cardamom, rosemary leaves
- Lemon Chiffon**—Rooibos, lemon grass, and creamy lemon flavoring
- Mexican Winter**—Rooibos, orange, cinnamon, coconut, chili bits
- Payaya Peach**—Rooibos, Papaya, apple, peach, currants, sunflower
- Peach Green**—Green Rooibos, peach pieces, safflower blossoms
- Tropical Sunrise**—Rooibos, apple, orange, ginger, cinnamon, lemon
- Provence**—Rooibos, lavender, raisins, currants, blueberries, rose
- Oasis Green**—Green Rooibos, orange, strawberry, peach, sunflower
- Passion Fruit Green***—Green Rooibos, sunflower petals, freeze-dried blueberries, cornflower
- Key Largo Green**—Green Rooibos, papaya, mango, peach, orange
- Peach Apricot Honeybush Green**—green honeybush, apricot bits, peach bits

CREAMY BLENDS

- Cappuccino**—Rooibos, caramel cream bits, marigold blossoms,
- Caramel**—Rooibos, caramel bits
- Chai**—Rooibos, ginger, cinnamon, vanilla, & lemon grass
- Chocolate Mint**—Rooibos, chocolate bits & peppermint leaves
- Chocolate Ginger**—Rooibos, cocoa bits, ginger bits, barley malt
- Chocolate Orange**—Rooibos, chocolate chips, orange peels
- Savannah**—Rooibos, cocoa pieces, almond bits, & chocolate-rum
- White Chocolate Toffee**—Rooibos, toffee bits, white chocolate, cocoa
- Vanilla**—Rooibos, Vanilla

FLORAL BLENDS

- Earl Grey**—Rooibos, Oil of Bergamot
- Capetown**—Rooibos, hibiscus blossoms, rose petals, blue mallow
- Lavender***—Organic Rooibos with Washington State royal lavender
- Sentimint***—Organic Rooibos and peppermint leaves, Bergamot

HOLIDAY BLENDS

- Christmas**—Rooibos, pineapple, mango, papaya, almond, coconut, walnuts, peanut, hazelnuts
- Cinnamon**—Rooibos, cinnamon bits
- Holiday Rooibos**—Rooibos, grapes, apple bits, orange peels, cinnamon, almond flakes
- Pumpkin Spice***—Rooibos, cinnamon, ginger, pumpkin spice flavor

- Green Rooibos**—no flavorings, organic unblended, unoxidized
- Rooibos**—no flavorings, organic unblended
- Honeybush**—unflavored organic

All teas are subject to price changes when necessary.

TEA EMBASSY

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