



**A Guide to the Varieties and Origins
of the Teas on offer at**

Tea At The White House

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Tea At The White House

If you are cold, tea will warm you
If you are too heated, it will cool you
If you are depressed, it will cheer you
If you are excited, it will calm you

William Gladstone

Welcome to the world of tea, which has a 5000-year history.
First known to the people of Asia, it followed the caravan routes to
Tibet & Mongolia before Westerns discovered its qualities in the early
Seventeenth Century.

Tea At The White House has over 100 varieties of loose-leaf teas,
hand manufactured in the orthodox method.

This guide has been designed to provide you with the means to select a tea
favorable to your palate. Our tea guide contains detailed information on the
different grades, origins and cup characteristics thus enabling you to make
an informed choice.

All of the teas listed are available for purchase in our tea store.

Abbreviated Tea List (Description to follow)

Tea At The White House offers their vacuum sealed tins in a range of colours - black, green, white, burgundy or silver.
A small tin will make approximately 25 cups of tea while the large tin will make approximately 50 cups of tea.

ESTATE GROWN BLACK TEA	GRADE	COUNTRY
Assam Borengajuli Estate	FBOP	India
Assam Monkhooski Estate Organic	BOP	India
Assam Poobong Estate	SFTGFOP	India
Assam Tarajulie Estate	FBOP	India
Ceylon Courtlodge Estate	BOP	Sri Lanka
Ceylon Kenmare Estate	FBOP	Sri Lanka
Ceylon Kirkoswald Estate	OP	Sri Lanka
Ceylon Lovers Leap Estate	OP	Sri Lanka
Ceylon Tommagong Estate	BOP	Sri Lanka
Darjeeling Castleton Estate	FTGFOP	India
Darjeeling Mim Estate	FTGFOP	India
Darjeeling Poobong Estate	FTGFOP	India
Kenyan Milima Estate	FBOP	Kenya
Nilgiri Coonoor Estate	7 Special	India
Nilgiri Nonsuch Estate	BOP	India
Nilgiri Parkside	CMB	India
Nilgiri Poobong	TGFOP	India
CHINA BLACK TEA		
Golden Monkey		China
Keemun Panda		China
Lapsang Souchong		China
Yunnan Golden Heaven		China
PU ER		
Young Golden Pu Er	5 year old	China
OO LONG		
Fancy Formosa	SFTGFOP	Taiwan
Poobong		Darjeeling, India
Ti Kuan Iron Goddess of Mercy		China
WHITE HOUSE BLENDED BLACK TEA		
Magnolia House Signature Blend	White House Blend	
Sticky Toffee Pudding	White House Lady Grey	
Twisted Breakfast Tea	White House Masala Chai	
Waterdown Rose Tea	White House Winter Blend*	
SPECIALTY BLENDED BLACK TEA		
Angel's Dream	Irish Breakfast	
Buckingham Palace Garden Party	Moroccan Madness	
Coronation	Prince of Wales	
Dragonmoon	Queen Mary	
Cream of Earl Grey	Russian Caravan	
Earl Grey	Scottish Breakfast	
English Breakfast	Star of India	
PREMIUM FLAVOURED BLACK TEA		
Blackcurrant	Lemon	
Blueberry	Mango Mist	
Chocolate	Maple	
Cinnamon	Monk's Blend	
Cranberry	Peach Apricot	
Elderberry	Raspberry Honey	
Ginger	Strawberry	
Honey	Vanilla	
	Vanilla Cream	

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WHITE TEA	COUNTRY
Adams Peak Rare White	Ceylon, Sri Lanka
Burnside Nilgiri	India
Pai Mu Tan	China
Peony White Needle Yen Zhen	China
Poobong Whyte Exclusive	Darjeeling, India
White Tips	Darjeeling, India
GREEN TEA	
Bancha	Japan
Chunmee Eyebrow Tea	China
Darjeeling Green Tea	India
Dragon Pearls	China
Earthy Paradise Jasmine	China
Flowering Balls	China
Formosa Gunpowder	Taiwan
Genmaicha Popcorn	Japan
Gyokuro	Japan
Hojicha	Japan
Imperial Dragonwell Lung Ching	China
Jasmine Golden Dragon Organic	China
Kapchorua	Kenya
Key Lime Green Tea	Japan
Mint Green Tea	Taiwan/Japan
Sencha	Japan
Sencha Rose & Cherry	Japan
White Monkey Paw	China
DECAFFEINATED BLACK TEA	
Assam	India
Darjeeling	India
Ceylon, Courtlodge	Ceylon, Sri Lanka
Earl Grey	
English Breakfast	
Irish Breakfast	
Monk's Blend	
ROOIBOS CAFFEINE FREE	South Africa
Rooibos Original	
Rooibos Belgian Chocolate	
Rooibos Blueberry Blast	
Rooibos Bourbon Street Vanilla	
Rooibos Chai	
Rooibos Florida Orange	
Rooibos Georgian Peach	
Rooibos Hawaiian Colada	
Rooibos Provence	
Rooibos Sticky Toffee Pudding	
Rooibos Sunshine Lemon	
Rooibos Tuscan Pear	
CAFFEINE FREE HERB & FRUIT INFUSIONS	
Berry Berry	
Bubblegum	
Cranberry Apple	
Chamomile	
Lavender	
On the Waterfront	
Orient Express*	
Peppermint Organic	

White Teas

The production of white tea is different from other tea. The leaves come from special varietal tea bushes. Only the top two leaves and a bud are selected for plucking. These hand-plucked leaves are dried and then painstakingly sorted and in some cases hand-rolled. White teas are low in caffeine, high in vitamin E and high in antioxidants, which absorb free-radicals (forces that cause deterioration) in the human body. Antioxidants are accredited with strengthening the immune system, aiding in cell re-growth and helping fight the aging process.

Adams Peak Rare White

Sri Lanka

This exquisite tea comes from the Nuwara Eliya area of Sri Lanka. Exceptionally long leaf, hand selected and rolled. Light liquoring with a very delicate cup.

Burnside Nilgiri White

India

Produced by plucking only the silvery tips at dawn between December & February. The liquor is subtle with a refreshing taste. One of the most glamorous & expensive teas in the world

Pai Mu Tan

China

This Spring picked white tea consists of buds & leaf. The leaf shows some silver tips but is mainly greenish-brown in colour and flat. The liquor has a sweet mild flavour.

Peony White Needle "Yin Zhen"

China

The finest of white teas, delicate & sweet with an almost clear cup. Only Spring plucked buds laid out on mats and air dried are used to make the Silver Needles.

Poobong Whyte

India

This is a superb White Tea from Poobong Tea Garden in Darjeeling, India has the distinct Muscat grape flavour synonymous with Darjeeling tea

White Tips Darjeeling

India

A very rare tea from the Darjeeling area. The cup still retains the Darjeeling muscatel flavour with a hint of white wine notes.

Green Teas

Green tea leaves are "un-oxidized." Simply described; green tea is processed in a minimal fashion; either steamed or pan-fried. Therefore, the tea leaf retains many of its essential nutrients. Green teas tend to have much lower levels of caffeine than black teas and higher levels of anti-oxidants. Different nations process their green tea harvests very differently and as such green teas range in flavour dramatically from slightly grassy to vegetal.

Bancha

Japan

Traditionally made at the end of the growing season. Slightly sweet.

Chunmee Special Grade 1 (Eyebrow Tea)

China

Delicate flavour with toasty notes and sweet plums like character.

Darjeeling Green Tea

India

A steamed green tea from Darjeeling, India, refreshing flavour with the distinct Muscatel grape taste.

Dragon Pearls

China

The delicate leaves have been hand rolled into small pearls. The liquor is light and the cup is fresh and sweet.

Green Teas continued

Earthy Paradise Jasmine

China

This Scented Jasmine tea yields a cup with the heady bouquet of jasmine.

Flowering Balls

China

Long fine green tea leaves are tied together making a ball, when infused, they open & reveal a flower. Choose from 1000 day, 3 flower burst, Ginseng Lily, Carnation, Chrysanthemum, Jasmine or Rose

Formosa Gunpowder

Taiwan

A tightly rolled leaf, with a pellet appearance, which explodes when hot water is added. A green tea with surprising body

Genmaicha

Japan

Light golden colour with a unique toasty rice flavor tending sweet

Gyokuro

Japan

Made from the first flush tips plucked from bushes cultivated in deep shade, harvested only once a year, these flat sharply pointed leaves produce a very green cup with a vegetal flavour.

Hojicha

Japan

Large flat roasted leaves yield a tea with an earthy aroma and a nutty flavour.

Imperial Dragonwell Lung Ching

China

One of the earliest known teas. It is famous for its flat shiny green leaves & a clear yellow liquor with a slightly sweet, nutty aftertaste.

Jasmine Golden Dragon Organic

China

A very good scented jasmine tea with soothing floral character.

Kapchorua

Kenya

A delightful tea, top quality Kenyan green tea. This tea is a full-bodied selection with an earthy character.

Key Lime Green Tea

Japan

Japanese Sencha leaves flavoured with Key Lime, a fun and refreshing taste.

Mint Green Tea

Taiwan/Japan

Formosa & Sencha leaves with fresh mint a winning combination.

Sencha

Japan

A superior grade of Sencha, with a bright flavour, smooth sweet aftertaste.

Sencha Rose & Cherry

Japan

An added twist to this lovely tea, rose petals and dried cherries.

White Monkey Paw

China

Made from the top two leaves & a bud of the new season growth, this delicate tea retains its downy hair which indicates its youth.. A light & exceptional green tea.

Black Estate Teas from India, Kenya & Sri Lanka

Estate teas are grown, plucked, fully processed (or fully oxidized) & packaged on the Tea Estate.

Assam Borengajuli Estate FBOP

India

A 'malty' flavour best describes this premium tea from the 2nd flush (harvest) of the season

Assam Monkhooski Estate Organic BOP

India

A full boded malty character, takes milk well, bright with a coppery colour.

Assam Poobong Estate TGFOP

India

A top quality full bodied Assam with golden tips.

Assam Tarajulie Estate FBOP

India

A Rich malty tea from the Brahmaputra Valley with great flavour and colour

Ceylon Courtlodge Estate BOP

Nuwara Eliya, Sri Lanka

Superb Ceylon that is light with an excellent flavour, also available in decaff.

Ceylon Kenmare Estate FBOP

Nuwara Eilya, Sri Lanka

This tea estate won the prestigious "Estate of the Year" in 2002/03 from the Ceylon Tea Competition.

Ceylon Lover's Leap Estate OP

Nuwara Eliya, Sri Lanka

Especially smooth liquor & brightness makes this a very popular Ceylon black tea.

Ceylon Tommagong Estate BOP

Nuwara Eliya, Sri Lanka

Flowery flavour profile that is light and takes milk well

Darjeeling Castleton Estate FTOP 2nd

India

A top quality Darjeeling tea from a renowned tea estate, superb aroma & a muscatel grape flavour.

Darjeeling Mim Estate TGFOP 1st

India

Excellent Darjeeling reasonably full bodied with lovely muscatel character.

Darjeeling Poobong Estate FTGFOP

India

A superb Darjeeling tea with a light nutty and buttery flavour.

Kenyan Milima Estate FBOP

Kenya

Rich earthy full bodied African tea.

Nilgiri Coonoor Section 7 Special

India

March 2006 harvest, exclusive to Tea At The White House purchased at the 1st Tea Auction to be held in North America. A brisk flavour, golden colour in cup

Black Estate Teas from India, Kenya & Sri Lanka Continued

Nilgiri Nonsuch Estate BOP

India

Full bodied and rich making this estate black a popular and exceptional tea. Nonsuch is one of the oldest tea gardens in the Nilgiris

Nilgiri Parkside Camellia Musketel Bouquet

India

March 2006 harvest, exclusive to Tea At The White House purchased at the 1st Tea Auction to be held in North America. A mellow fresh flavour, amber cup colour, recommended afternoon tea.

Nilgiri Poobong 1st Flush TGFOP

India

Direct from the tea garden to The White House this 1st flush is a full bodied flavourful tea from the renowned Poobong Tea Company

China Black Teas

Nowhere in the world is there as diverse a selection of dramatic teas as in China. We invite you to sample these rare china black teas.

Golden Monkey

This Golden tipped tea, from Fujian province, has a rich aroma and a full-bodied yet mellow flavour.

Keemun Panda

A high quality Keemun. Thick reddish liquor has a bouquet of orchid character.

Lapsang Souchong

Hand picked Souchong leaves are smoked over pine wood fires to create this distinctive smoky tea..

Yunnan Golden Heaven

Golden tipped tea with a rich character from the famous Yunnan Province - one of the most prestigious tea growing regions of china.

Pu Er Tea

Pu Er has a strong earthy flavour, which is prized in China for its health benefits. Pu erh is harvested from old, large leaf varieties in Yunnan province, where it undergoes several unique processing steps. Pu erh is not fully dried which allows it to be stored to age properly, sometimes up to 100 years.

Golden Pu Er

China

This unusual cup gives a strong earthy aroma, with a rich full bodied flavour that is almost sweet.

Oolong Teas

Oolong Tea is semi-oxidized. Oolong is the tea of connoisseurs. The flavours, aromas & colours differ tremendously from country to country but Oolongs are easily recognized by the appearance of the leaves, which are large & crinkled. Oolongs can be infused several times, and are the teas used in the traditional Chinese Gung Fu Tea Ceremony.

Super Fancy Formosa

Taiwan

Light in character with an orchid-like undertone. A top grade Oolong with a straw colour cup

Ti Kuan Yin (Iron Goddess of Mercy)

China

Tightly rolled leaves unfurl in hot water & produce a brownish green infusion with aromatic, full bodied flavour & a lingering aftertaste..

Poobong SFTGFOP

India

This Oolong is a 'House' favorite full bodied with reddish liquor, from the foothills of the Himalayas.

Black Tea Blended by The White House Tea Company

Tea At The White House Blend

Black tea with raisins red & blackcurrants giving our house blend a fruity undertone.

Magnolia House Signature Tea

Smooth blend of black tea with vanilla maple & grenadine. Relaxing pick me up.

Sticky Toffee Pudding

Creamy caramel gives this blend, a delicious flavour. A White House favourite.

Twisted Breakfast

A top quality twist on a breakfast tea blend.

Waterdown Rose Tea

This Darjeeling tea with rose petals and calendula leaves is a perfect afternoon tea.

White House Lady Grey

Classic Earl Grey blended with lemon and orange peel. A refreshing tea

White House Masala Chai

Indian black tea blended with cinnamon, cloves cardamom & ginger, sweet & spicy

White House Winter Tea*

Classic Assam blended with citrus fruit cranberries & cinnamon

Premium Flavoured Black Teas

Our premium flavoured teas are blends of black Ceylon (Sri Lanka) tea from three tea growing areas of Sri Lanka. To achieve the desired flavour natural dried ingredients are added which impart a clean true taste. Ceylon teas have a lovely bright and refreshing look when brewed; they taste great sampled clear or with milk and sugar.

Blackcurrant
Blueberry
Chocolate
Cinnamon
Cranberry
Elderberry
Ginger
Honey
Lemon

Mango Mist
Maple
Monk's Blend
Peach Apricot
Raspberry Honey
Strawberry
Vanilla
Vanilla Cream

Specialty Blended Black Teas

During the heyday of the tea trade, tea merchants added flavours and fragrances to tea to expand their marketability to a wider range of taste preferences. Cinnamon, citrus, bergamot and cardamom were only some of the flavours used to enhance the appeal of what have become the popular blends, such as the teas in this section.

Angels Dream

The natural flavours of maple and wild blackberry enhance the excellent teas selected from Sri Lanka, Formosa and Assam to produce this heavenly blend.

Buckingham Palace Garden Party

Flavoury with brightness and medium body. An exotic character is added with soft hints of Earl Grey and Jasmine. A superb afternoon tea.

Coronation

To mark Queen Elizabeth II coronation, the tea served was a blend from the 4 corners of the British Empire. Assam, Darjeeling, Kenya and Ceylon with a hint of herbal Egyptian Chamomile.

Dragonmoon

Dragonmoon is based on a classic blend, which pairs Assam and Darjeeling. A bright golden orange cup, tempered with slight fruitiness attributable to the Darjeeling component.

Earl Grey

A classic Earl Grey an aromatic blend of tea with bergamot flowers and oil.

Earl Grey Cream

If you love Earl Grey - try this blend. A flavoury Earl Grey mellowed with a delicious creamy taste.

English Breakfast

A perfect breakfast tea due to its good body, coppery bright colour and excellent flavour.

Specialty Blended Black Teas Continued

Irish Breakfast

A stout blend of Kenya and 2nd flush Assam. Superb colour and very full-bodied.

Moroccan Madness

Bright and flavoury with some strength. Cool accent of peppermint.

Prince of Wales

A rich blend of Indian tea with a black currant accent that is best served in the afternoon with scones.

Queen Mary

A bracing tea, blending the best from top tea gardens. A great pick-me-up tea morning or afternoon.

Russian Caravan

This classic tea is bright tending light with excellent flavour, with a hint of Lapsang Souchong.

Scottish Breakfast

A lighter, delicate breakfast tea than its English & Irish counterparts.

Star of India

The very best of India, malty Assam, fresh light Darjeeling and fragrant Nilgiri makes this blend worthy of its name.

Unusual Uses for Tea

A strong foot bath of black tea will strengthen the pads of a dog's feet

To eliminate food odors on hands, especially fish odors, rinse hands with tea

To soothe a child after getting a shot, apply a cool wet green teabag to the shot site

Hot teabags make an excellent compress for the eyes to soothe pinkeye

Cool teabags on the eye will reduce swelling and redness

Place hot teabags on canker sores or fever blisters to draw out infections

Wash face with tea to cure acne

Cold wet teabags will soothe bee stings and insect bites

Tea can be used to dye fabric, paper, or plastic to give an antique look

Tea Superstitions

To stir the pot counter clockwise will stir up trouble

To make tea stronger than usual indicates a new friendship

To spill a little tea while making it is a lucky omen

If the lid is accidentally left off the teapot, you may expect a stranger bringing bad news

To put milk in your tea before sugar is to cross the path of love, perhaps never to marry

Two teaspoons, accidentally placed together on the same saucer, points to a wedding or a pregnancy

If two women should pour from the same teapot, one of them will have a baby within the year

Tea spilling from the spout of the teapot while being carried indicates a secret will be revealed

Decaffeinated Teas

Our teas are decaffeinated using the all-natural water process. This process removes over 99% of the caffeine content and is an absolutely chemical free process.

Assam Decaff

All the flavour & body recognized with a classic Assam, without the caffeine. This tea is very good with milk.

Darjeeling Decaff

Darjeeling the Champagne of tea, perfect afternoon tea, delicate in taste, light in flavour best savored clear.

Ceylon Courtlodge Estate

A light, full flavoured cup of Ceylon tea from the Nuwara Eliya region of Sri Lanka renowned as a top quality tea growing area.

Earl Grey

Full flavoured tea that has been accented with fine oil of bergamot. A very popular decaff tea.

English Breakfast

Truly a good tasting decaff, full bodied, flavoury, tending bright all the characteristics typically associated with a Breakfast tea.

Irish Breakfast

Slightly stronger than English Breakfast, this is a great morning tea, good with milk & sugar.

Monks Blend

A mysterious combination of grenadine and vanilla. A very popular tea

Rooibos

The story of Rooibos began around the turn of the last century in South Africa. The locals discovered that the needle-like leaves of the Aspalathus Linerai plant made a tasty and aromatic tea. Now as then, the green needles are picked, chopped, bruised, oxidized and then sun dried. Those that consume this caffeine free beverage have claimed that it has a soothing effect on headaches, disturbed sleep patterns and digestive problems. There is a wide body of research being done on this humble plant and its popularity in North America shows with the ever-increasing flavours now on the market.

Rooibos Organic

The reddish orange cup is fruity with a sweet undertone and rich with nutrients such as iron, potassium, calcium and fluoride.

Rooibos Belgian Chocolate

The taste of rich coco with delicate minty notes and low in calories. Total indulgence without the guilt.

Rooibos Blueberry Blast

A fruity blend of Rooibos with blue cornflowers, dried blueberries. Delicious.

Rooibos Bourbon Street Vanilla*

Vanilla flavouring gives the Rooibos a wonderful exotic jazzy depth.

Rooibos Continued

Rooibos Chai

Cinnamon, cloves, cardamom & ginger blended with the Rooibos leaf make a caffeine free version of an Indian classic.

Rooibos Florida Orange

Crisp and fresh with a citrus orange flavour.

Rooibos Georgia Peach

Refreshing sweet summer taste of peaches that enhances this teas unique quality.

Rooibos Hawaiian Colada

Sweet, tropical flavour with pineapple & coconut a super blend served hot or iced.

Rooibos Provence

Flavoury with a floral and fruity bouquet: perfumy lavender, blueberry & rose petals - a touch of Southern France.

Rooibos Sticky Toffee Pudding

Dessert in a cup, Rooibos with chunks of caramel

Rooibos Lemon Sunshine

Lemon invigorates the Rooibos taste. This soothing lemon honey flavour provides wonderful relief if you are feeling under the weather.

Rooibos Tuscan Pear

A new White House favourite due to its light, refreshing & fruity taste. The Tuscan pear makes a perfect accompaniment to its organic Rooibos base.

Herbal Tisanes

Tisanes are a combination of herbs, fruits & flowers that are infused in water to make a delicious beverage. Although they contain no tea at all, they are often termed "herbal tea" because of the similar brewing process. Herbal teas are popular caffeine free alternatives and different herbal infusions boast varied health benefits.

Berry Berry

Full berry flavour, with black & red currants plus raisins. A naturally sweet tea.

Bubblegum

Caramel with strawberry apple & lemon character to create a taste sensation.

Chamomile

Chamomile from Egypt is a fragrant yellow flower that is noted for soothing headaches, helping digestion and aiding relaxation.

Herbal Tisanes Continued

Cranberry Apple

A delightful blend of cranberries and apples to give a full flavoured fruity rich infusion

Lavender

Sweet fragrant Lavender flowers make an interesting tea on their own or added to another herb or tea. Suffering from sleepless nights – try this Lavender tea.

On The Waterfront

Canada's own. A herbal blend of mint, peach, spice and almond.

Orient Express

Spicy cinnamon, sweet nutty almond and exotic fruits make for an intriguing tea. Great served hot or iced.

Peppermint

Organically grown, mountain peppermint, this is the most flavourful & robust peppermint we could find.



Black Estate Tea Grading Terminology

A description of some of the leaf grades available at Tea At The White House

Flowery Broken Orange Pekoe (FBOP) This denotes tea made from the bud & first leaf of each shoot. FBOP contains fine tender young leaves rolled with the correct proportion of tip, the delicate end pieces of the buds, that guarantee quality.

Tippy Golden Flowery Orange Pekoe (TGFOP) This is a (FOP) with a large proportion of "golden tips", the very ends of the golden yellow buds.

Special Finest Tippy Golden Flowery Orange Pekoe (SFTGFOP) This is the very best leaf grade. Try Our Poobong Darjeeling 1st flush to sample this top quality grade.

Finest Tippy Orange Pekoe (FTOP) This is an exceptionally high quality.

Orange Pekoe (OP) This contains long pointed leaves that are larger than in FBOP & have been harvested when the end buds open into leaf. OP seldom contains "tips".

Broken Orange Pekoe (BOP) Like OP but the leaf is broken into smaller pieces.

There are numerous other leaf grades for black tea.
For more information on grading & all things "tea" sign up for one of our Tea Tasting Courses.

Health Benefits of Tea

Tea's most obvious asset is that it is a completely natural product and contains no artificial colouring, preservatives, or flavourings (except, of course, additional flower, fruit or spice flavourings in scented teas). It is virtually calorie free if taken without milk or sugar, and can play a major role in maintaining a bodily fluid balance.

Tea contains vitamins A, B1, B2 and E that are needed as part of the body's daily intake.

Tea contains fluoride so can strengthen tooth enamel, help reduce the formation of plaque. Tea is thought to aid digestion, help reduce blood cholesterol, reduce fatigue and improve concentration.

Various research programs indicate tea's possible benefits against heart disease, stroke, and thrombosis. The reason for this is thought to be because the caffeine in tea acts as a gentle stimulant to the heart and circulatory system, and thus helps to keep the walls of the blood vessels soft, so reducing the likelihood of hardening of the arteries.

Further research suggests that regular drinking of tea may reduce the risk of cancer. It is thought that components in black tea have an anti-oxidant effect, helping to prevent the formation of cancer-inducing substances in body cells.

For further information on tea, and the health benefits of tea we recommend
"The Tea Companion" by Jane Pettigrew. Published by Macmillan