

## Tips for making a great cuppa!

- ✓ Use approximately **1 teaspoon per mug**. A generous rule of thumb is about 1 gram per 100 ml. A standard cup is 250ml, but most mugs are about 300-400ml. Most teaspoons are about 3g, but these & teapot sizes vary a lot. The teaspoon will also need be heaped for bulkier leaves & flat for smaller leaves.
- ✓ For **Black Tea** use fresh, boiled water. Brew 2-3 min if plain or up to 5 min if adding milk.
- ✓ **Green Tea** is more delicate and needs cooler "off the boil" water (about 80 degrees) or it will become bitter. Brew 1-3 minutes only.
- ✓ **Rolled Oolong** leaves are tougher than green & white tea, so use fresh boiled water cooled a little & reinfuse leaves several times.
- ✓ **Rooibos, Fruit & Herbal** Infusions like freshly boiled water. Brew 3-10 minutes. These "teas" are all naturally caffeine free.
- ✓ **Cold Brew Iced Tea** - add cold water only & let sit for at 2-3 hours for green tea or overnight in the fridge for black tea, fruit or herbal infusions. If you are going to add ice later, make double strength to allow for melt.
- ✓ **Fast Hot Brew Iced Tea** - pour enough hot water to cover leaves & brew 4 min for black, or up to 10 min for herbal or fruity teas, then top up with cold plain or soda water and lots of ice, garnish with fresh fruit & mint leaves.
- ✓ Make your own **Sugar Syrup** by dissolving 1 cup sugar in 1/2 cup boiling water & store in glass bottle in fridge. Use of few drops to sweeten to taste any cold drink if required.
- ✓ **Large loose-leaf teas** have a larger surface area & require a longer brewing time than a broken leaf tea or a teabag. Most teabags are filled with "fannings", i.e. "dust", designed for a quick infusion, like instant coffee.
- ✓ **Store your tea** in a cool, dry, dark place & use within a few months of opening the packet to retain the best flavour. If you have a large bag it is best to decant a small amount into a tin, so the larger bag is not constantly opened.

## SHIPPING

Fixed Rate Australia Wide  
Standard \$11.00 or Express \$16.50 or  
Free standard delivery over \$100 Australia  
Free personal delivery over \$25 Cairns

## Product & Price List 1st December 2019

BSB: 06 4804 Acc No: 1376 7467  
Blackbooks Tea  
ABN: 46 901 855 371

Margaret Frederick  
Phone or Text: 0419 701 426  
Email: [info@blackbookstea.com.au](mailto:info@blackbookstea.com.au)  
[www.blackbookstea.com.au](http://www.blackbookstea.com.au)  
Instagram: @blackbooks\_tea  
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Order online or find me at regular weekend Markets  
around Cairns & the Atherton Tablelands.

I am also proud to supply some of the best cafes &  
select retail stores.

Please see [blackbookstea.com.au](http://blackbookstea.com.au) for list of markets,  
cafes & retail stockists.

Instagram & Facebook for weekly updates.



**Hello Fellow Tea Drinker!**

*I freshly blend and pack all my teas by hand in small batches in  
Cairns, Tropical North Queensland.*

*Life is much too short to bother drinking teabags, so this is a  
teabag free zone – no micro plastics, bleached paper, string,  
staple, coloured cardboard tag, or other nasties sharing your cup  
– just high quality Real Loose-Leaf Tea!*

*There are many stainless-steel infusers available to make a  
single cup quickly with no fuss or wastage ... and sometimes it is  
a goodly thing to take an extra couple of minutes to make a pot,  
sit down and enjoy on your own or share with a friend.*

*No added sugars, emulsifiers, stabilisers, artificial flavours either,  
so you may have to gently shake your tea occasionally to  
distribute contents evenly. If you are a sweet tooth you can control  
your own touch of sugar.*

*I intentionally do not try and have the largest range possible, but I  
do have the best quality, flavour and value teas that I can source  
or blend myself. Save your time searching and get your tea direct  
from me to you. I am also happy to personally cater for your  
individual requests to get your favourite blend just right!*

*All herbs have formal Australian Organic Certification or are  
Wildcrafted without pesticides and herbicides. Each healthy cup  
brims with all-natural flavour, aroma and antioxidants.*

Plus ... **LEAF TEA JUST TASTES BETTER!** 😊

*Plain, fruity, floral, nutty or minty... there are so many different  
flavours to have fun with and explore to find which suit your  
tastebuds. I believe there is at least one tea out there for  
everybody - let me help you find yours!*

Cheers, Margie

## BLACK TEAS

Plain Black
Queensland Breakfast Tea – Daintree Tablelands Organic Ceylon Blend <i>50g Pouch 10.00 / 100g Pouch 12.00 / 200g Pouch 19.00</i>
English Breakfast – Certified Organic Classic <i>50g Pouch 10.00 / 100g Pouch 12.00 / 200g Pouch 19.00</i>
Ceylon OP – Certified Organic Large Leaf <i>40g Pouch 10.00 / 100g Pouch 15.00</i>
Pu-erh – Loose Leaf Digestive China Black <i>40g Pouch 10.00 / 100g Pouch 15.00 / 200g Pouch 25.00</i>
Captains Breakfast – A strong Assam Keemun Ceylon BOP Blend <i>30g Pouch 10.00 / 100g Pouch 16.00 / 200g Pouch 28.00</i>
Tarry Lapsang Souchong – Delightfully Smoky <i>30g Pouch 10.00 / 100g Pouch 16.00 / 200g Pouch 28.00</i>
Assam FTGFOP Organic – Sonipur <i>30g Pouch 10.00 / 100g Pouch 18.00</i>
Darjeeling SFTGFOP – Springside <i>30g Pouch 10.00 / 100g Pouch 18.00</i>
Flavoured Black
Far North Chai – Ginger Cinnamon Cardamom Clove Nutmeg
Kuranda Cocoa Chai – Cocoa Licorice Ginger Cinnamon Cardamom Pepper
Cairns Brekkie – Lychee Blueberry Hibiscus
Mareeba Mango Medley – Rose Vanilla Cornflowers Mango <i>40g Pouch 10.00 / 100g Pouch 15.00 / 200g Pouch 25.00</i>
Chai Masala – Vanilla Rose Ginger Cinnamon Cardamom
Roman Earl Grey – Extra Bergamot Peel
Vanilla Sunday Breakfast – Madagascan Vanilla Pieces <i>30g Pouch 10.00 / 100g Pouch 16.00 / 200g Pouch 28.00</i>
Stockholm Blend – Orange Vanilla Apricot Safflower Rose
French Earl Grey – Bergamot Mango Apricot Rose Cornflowers
Cherry Ripe – Chocolate Coconut Cherry <i>30g Pouch 10.00 / 100g Pouch 18.00</i>

## HONEY CHAI

Original – Rainforest Honey, Pu-erh, Ginger, Cinnamon, Cardamom
Gold Dandy - Honey, Roasted Dandelion, Turmeric, Ginger, Pepper
Cocolicious – Honey, Cocoa Bean, Coconut, Cinnamon, Ginger <i>150g Reusable Glass Jar 18.00 / 300g PET Jar 25.00</i>

## GREEN / WHITE / OOLONG TEAS

Plain Green / Oolong
Australian Grown Sencha Green Tea <i>50g Pouch 10.00 / 100g Pouch 12.00 / 200g Pouch 19.00</i>
Organic China Gunpowder Green Tea <i>50g Pouch 10.00 / 100g Pouch 12.00</i>
Premium Japanese Matcha Green Tea <i>30g Tin 18.00</i>
Iron Goddess Oolong - Ti Kuan Yin <i>30g Pouch 10.00 / 100g Pouch 18.00</i>
Flavoured Green / White
Lemon Myrtle & Australian Sencha Green Tea
Mango & Australian Sencha Green Tea <i>40g Pouch 10.00 / 100g Pouch 15.00 / 200g Pouch 25.00</i>
Moroccan Mint – Peppermint & Gunpowder Green <i>40g Pouch 10.00 / 100g Pouch 15.00</i>
Japanese Lime – Lemongrass, Lime & Lemon Peel <i>30g Pouch 10.00 / 100g Pouch 18.00</i>
Buddha Tears – Jasmine White Tea Rolled Pearls <i>20g Pouch 10.00 / 60g Pouch 22.00</i>

## TEAWARE & ACCESSORIES

Plain Matt Black Round Storage Tin <i>from 5.00 Small 8.00 Medium</i>
Patterned Designer Storage Tins <i>from 9.00 each</i>
Tong Spring Jaw or Ball & Chain Infuser - Plain 6.00
Hanging Cup Multi-Fit Infuser Basket 14.00
Stainless Steel Infuser with Lid and Rest 16.00
Stainless-Steel Thermos Tea Bottle with strainer 450ml 25.00
Bamboo & Stainless-Steel Infuser Basket Flask 420ml 39.00
Handy Brew Bottom Pour Tea Maker 600ml 35.00
Trenton Bevande China Teapot 500ml 25.00
Decorative Quote Ball & Chain Infuser 15.00
Handcrafted Teapot or Teacup Earrings 15.00
Linen Botanical <i>Camellia Sinensis</i> "Tea" Tea-Towel 28.00
Locally Designed Cotton Bags <i>Mini Gift 6.00 / Tote 10.00</i>

## FRUITY / ROOIBOS / HERBAL INFUSIONS

Fruity Plain
Hibiscus – Wildcrafted Whole Rosella <i>50g Pouch 10.00 / 100g Pouch 12.00 / 200g Pouch 19.00</i>
Lemon Myrtle – Wildcrafted <i>30g Pouch 10.00 / 100g Pouch 18.00</i>
Blue Butterfly Pea Flowers <i>20g Pouch 10.00 / 50g Pouch 15.00</i>
Fruity Mixed
Triple RRR – Rosella Hibiscus Rosehips Rose Petals
Ginger Kiss – Ginger Lemongrass Hibiscus
Australian Sunshine – Lemon Myrtle Rosella Hibiscus Mango
Blue Bliss – Butterfly Pea Flowers Lemongrass Cornflowers <i>40g Pouch 10.00 / 100g Pouch 15.00 / 200g Pouch 25.00</i>
Rooibos
Rooibos – Certified Organic Plain <i>50g Pouch 10.00 / 100g Pouch 12.00</i>
Rooibos Chai – Organic Cinnamon Ginger Cardamom Star Anise Orange Peel <i>40g Pouch 10.00 / 100g Pouch 15.00</i>
Plain Organic Herbal
Peppermint – Certified Organic
Chamomile – Certified Organic
Roasted Dandelion – Wildcrafted
Liquorice – Certified Organic <i>20g Pouch 6.00 / 50g Pouch 10.00 / 100g Pouch 14.00</i>
Mixed Certified Organic Herbal
Digest - Peppermint Licorice Lemon Balm Chamomile Linden Yarrow
Strength - Echinacea Ginger Lemongrass Yarrow Peppermint Rosehip
Relax – Lavender Rose Jasmine Passionflower Linden Orange Peel
Sleep – Chamomile Lemon Balm Linden Cornflower Apple Cinnamon <i>20g Pouch 10.00 / 50g Pouch 15.00 / 100g Pouch 25.00</i>
<i>The most popular sizes are listed but larger sizes, Mini-tubs, Glass Test-tubes, Mini Kraft Pouches &amp; Gift Packs, Individual Herbs &amp; Spices &amp; Special Blends are also available to order. Individual &amp; Wholesale Enquiries are Welcome! Margie 0419 701 426 or info@blackbookstea.com.au</i>