



# Modern Tea: A Fresh Look at an Ancient Beverage

*Lisa Boalt Richardson*

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## **Modern Tea: A Fresh Look at an Ancient Beverage** Lisa Boalt Richardson

It's a beverage, a commodity, a ceremony, a meal, a spiritual encounter, a connector of people, a drink of peace, a pick-me-up, a comforter, and a way of life for many. As tea continues to rise in popularity, this comprehensive guide explores the celebrated beverage through the eyes of a certified tea specialist. From its sometimes murky origins to today's wide range of tea ceremonies, Lisa Boalt Richardson delves into the world of tea to create a fresh and accessible package for tea rookies and gurus alike. With tips for shopping, storing, steeping, and tasting, plus advice for using tea in pairings, cooking, cocktails, and home health remedies, this fascinating read is everyone's cup of tea.

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