



Brewing Connections:

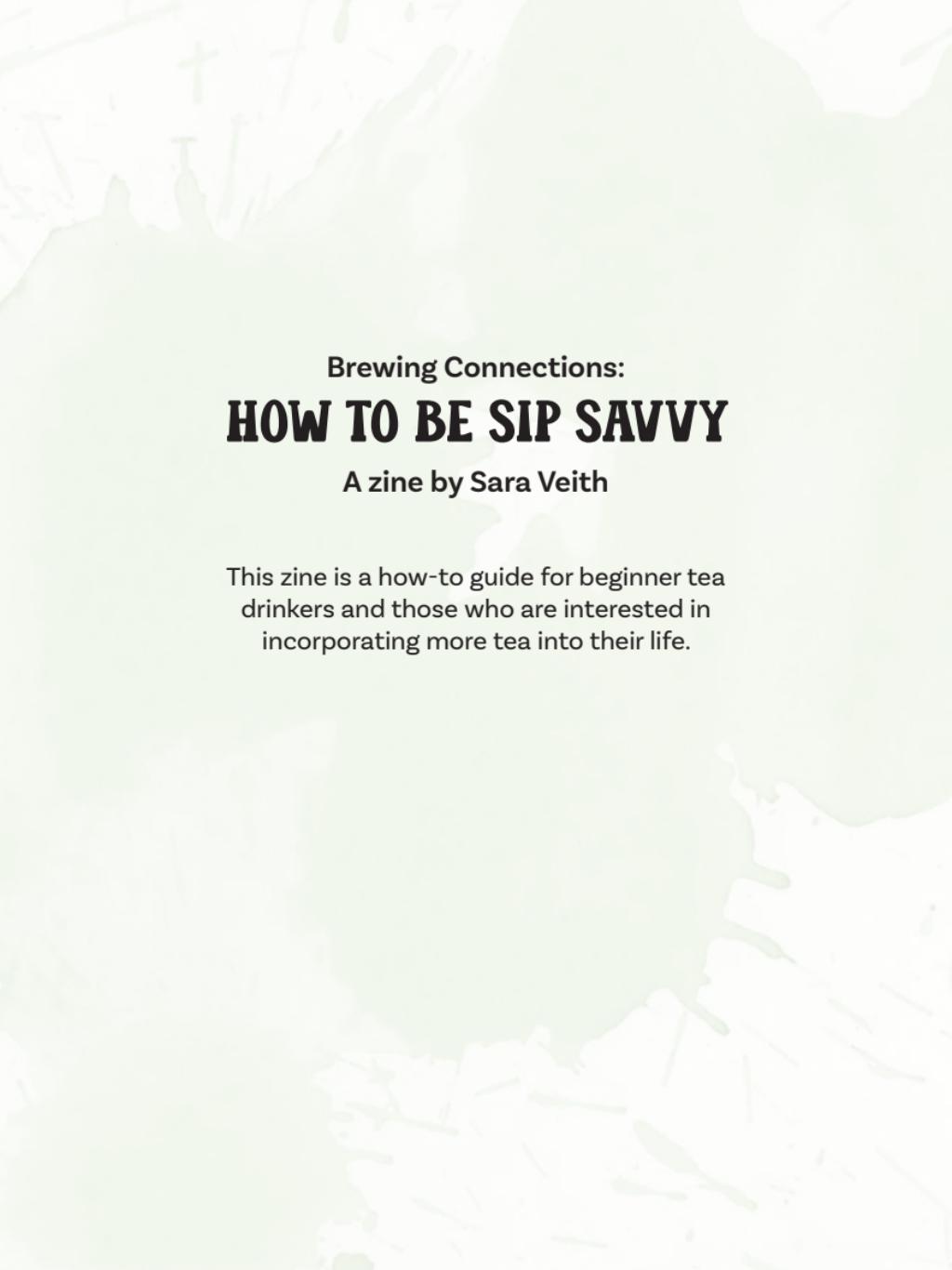
HOW TO BE SIP SAVVY

by Sara Veith



Sara Veith
saraveith.com

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HOW TO BE SIP SAVVY
A zine by Sara Veith

This zine is a how-to guide for beginner tea drinkers and those who are interested in incorporating more tea into their life.



When you are new to drinking tea, it's often a challenge to figure out what teas may be right for you.

There are thousands of different blends and varieties at tea shops, supermarkets, and more, so it can be pretty overwhelming.

You could just start by trying popular teas like English breakfast or Earl Gray. However, the best way to figure out what tea is best for you is to ask yourself what you're looking for.

For example, you should ask yourself these questions:

Do I want an alternative to coffee that has less caffeine?

Do I want something plain, or something flavored?

Do I prefer something bitter, or something sweet?

Do I want specific health benefits from my tea?

How do I want to incorporate tea into my day?

How much money can I afford to spend on tea?

Once you have an answer to these questions, look at these tips to help you decide which kinds of teas are right for you.

Do I want an alternative to coffee that has less caffeine?

Black tea is a good alternative to coffee because of its high caffeine content and its bitter taste. While black tea has the most caffeine out of any other kind of tea, it still has far less than coffee. You can also add a variety of sweeteners and milk to it to make it taste less bitter, similar to coffee.

If you don't want to cut out caffeine entirely but want to cut out coffee, black tea is the best choice. This includes teas like English breakfast tea, Earl Gray, and chai, which is a black tea that is steeped with spices.

Other varieties of tea with caffeine are oolong, green, and white tea, and they all vary in caffeine content.

Black tea: 40-60 mg

Oolong tea: 30-50 mg

Green tea: 30-50 mg

White tea: 25-40 mg

Do I want something plain, or something flavored?

For new drinkers who also don't enjoy the taste of coffee, you will probably enjoy flavored teas. Flavored tea blends usually have a specific type of tea as a base flavor, but add in additional ingredients to make it taste better.

Common flavors include cinnamon, apple, peach, mango, berry, vanilla, mint, and chocolate. Some flavored tea blends are holiday favorites, and others are fruit teas that are typically enjoyed in the summer. These blends may or may not have caffeine, so it's best to check the packaging if caffeine content is a concern.

Flavored teas have been becoming very popular, so they are easy to find just about anywhere.

If you're a more experienced tea drinker or just want to drink something simple, you may enjoy the flavor of a plain tea blend. These blends typically contain few ingredients, and the focus is mostly on the flavor of the tea leaves. It's pretty easy to find plain tea bags and blends at grocery stores and

Do I prefer something bitter, or something sweet?

If you prefer a bitter-tasting tea, I would recommend teas with higher caffeine content such as black tea and green tea. You can add in a sweetener such as sugar, honey, or agave if you would like it slightly less bitter.

If you prefer sweeter drinks, I'd recommend herbal teas and flavored teas. Herbal teas typically have a mild flavor and many flavored teas have sweet ingredients like fruit and chocolate.

And, of course, you can always add sweetener or a flavored syrup to your tea if it isn't sweet enough.

Just keep in mind that the more sweetener you add in, the less "healthy" your tea will be.



How do I want to incorporate tea into my day?

It is important to think about how you want to incorporate tea into your daily schedule.

Do you just want to quickly swap it with coffee in the morning before work?

Or do you want to add it as a mindfulness practice before bed?



Overall, tea is something easy to add to your morning routine. If you want something quick and easy, you might want to get an electric kettle and pour it on top of a tea bag in a mug. You can also microwave a mug full of water in a pinch.

If mindfulness is something you want to incorporate while making tea, I'd recommend using loose-leaf tea since you can watch your tea leaves slowly open up as your tea steeps and changes color.

Do I want specific health benefits from my tea?

If you would like some health benefits from your tea, I have some good news for you. Just about every kind of tea has health benefits for something.

Green tea is very notable for its antioxidant content and herbal teas have been used as herbal medicines for thousands of years. I'd recommend herbal teas such as chamomile, peppermint, and ginger when you're feeling sick. These three can be especially helpful for easing an upset stomach or a sore throat.

If you'd like to learn more about the specific benefits of herbal teas, I would suggest doing research by looking at reviewed studies or talking to an herbalist.

Just keep in mind that tea should not be treated as a cure for anything. It is better to see tea as something that can help you with your symptoms.



How much money can I afford to spend on tea?

If you have a tight budget, tea from the grocery store can be your best friend. They have a good variety of tea brands to choose from. Despite this, if you already know what kinds of tea you like, you can buy in bulk from tea shops and tea websites to save some money in the long run.

If you have a little more money to spend, I'd recommend getting some loose-leaf tea from a local tea shop. Not only are you more likely to get local ingredients, but the ingredients are going to be much higher quality than what you would get from the grocery store.

If you're near New Paltz, I'd recommend you visit The Ridge Tea and Spice Shop and Tweefontein Herb Farm.

The Ridge has a huge variety of high quality tea blends, and you can even make your own custom blend. If you love herbal tea, Tweefontein has plenty to choose from.

Even though coffee is still more popular in America, people are starting to drink tea more. People want to maintain a healthier lifestyle with less caffeine and coffee jitters.

Take some time to take it slow and listen to what your body says. No matter where you are in your tea journey, always keep an open mind and be open to trying new teas. You never know what you might find, and you never know if it will be your new favorite thing to drink.

