

Tea Explorations Journal

Track Your Own
Tea Tasting Adventures



Alan & Marlys Arnold

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This Journal belongs to:

Dated from:

to:



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Dedication

To lovers of tea at every level of experience
who long for the next adventure
and to our *Adventures with Tea* fans
who have shared the journey with us

How to Use this Journal

Why Keep a Tea Journal?

While tea has been a favored drink around the world for centuries, it is also a very personal experience. Even when you're enjoying tea with friends, each of you may walk away with your own impressions and memories.

This book was designed to provide you a place to keep all your tea tasting experiences organized in one place. Whether you're a long-time tea enthusiast or just beginning to discover the world's second-most consumed beverage, you can use this journal to record your own personal reflections on the attributes of teas, as well as your overall tasting experience (the atmosphere, company you're with, etc.).

Many people say they don't like tea, and that could be due to unpleasant past experiences. Many of those are probably due to either bad or inferior teas. When you are willing to try new flavors, you may find some you don't like. But you'll most certainly also discover ones you can't believe you've been living without.

Above all, don't be intimidated. You don't have to do a formal tea cupping or Chinese gong fu ceremony. Simply brew, pour, and savor the teas you've chosen. Then use this journal as a way to record your explorations.

Here are some suggestions to make the most out of this book:

1. Use the fill-in-the-blank **Table of Contents** to keep track of each tea experience so you can easily find the ones you want later.
2. In the **At-Home Experiences** section, record the teas you brew in your own kitchen. Write down the flavor, brand and where you purchased each tea, along with notes about brewing details and who is joining you that day. Then use the notes section to express your thoughts about the tea's taste, aroma, and your overall impression. (See the following pages for some tasting note ideas, and a sample form filled out.)

3. The **Out & About Experiences** section is designed for you to use both in your hometown or when you're traveling. Here you'll record much of the same details about the actual tea. In addition, there are several ways to rate the venue where you're enjoying the tea, as well as an area for you to attach the venue's business card for later reference. (See the following section for a sample form filled out.) You could even include any thoughts, sketches or doodles that are sparked by the experience!
4. This book is more than just a journal. You'll also discover nuggets of tea history, tips and trivia, including an extensive timeline of tea-related world events on pages 62-63. There are even a couple of word puzzles for you to work on while sipping your tea.
5. In the back of the book, you'll find lists for recording places you want to visit, teas you'd like to try, and people to share them with.

Above all, have fun with this book and add your own creative elements. Journal by yourself or with family members or friends. By creating your own personal tea tasting history, you'll have a keepsake for the future.

ALAN & MATZLYS

Want a creative bookmark for your journal?

Get a free sheet of printable full-color bookmarks
for all your tea-related reading!

Visit: www.AdventureswithTea.com/myjournal

At-Home Experiences

Tea Flavor Morning in the Mountains

Date 9/5/16

Brand Adventures with Tea

Tea Type: **Black**

Purchased from AWT website

Green

Price _____ Today's Weather sunny

Oolong

Brewing Details as directed

White

Who I am with Suzy from next door

Herbal

Rooibos

Other

Appearance/Color:

Yellow Yellow-green Green Amber **Red** Dark brown Black Other

Aroma:

Floral Fruity **Citrus** Smoky Earthy Grassy Spicy Nutty Chocolate

Faint **Moderate** Strong Other Minty

Taste:

Floral **Fruity** **Citrus** Smoky Earthy Grassy Spicy Nutty Chocolate

Plant/herb Savory Malty Other Minty

Delicate Mild Flat Crisp Tangy/tart Sweet **Strong**

Mouthfeel:

Silky **Smooth** Brothy Oily Velvety Tingly **Brisk** Dry Other

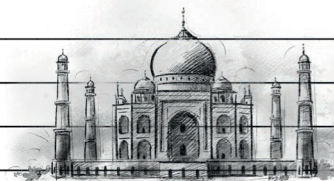
My Rating (5  s = best):



Notes

Love the color!

Tastes like a journey into summer with fresh-picked berries



Out & About Experiences

Tea Flavor Chocolate Chai

Date 12/19/16

Venue Old Town Tea Shop

Tea Type: Black

Price \$ 3.25 Today's Weather cold w/ hint of snow

Who I am with hubby

My Rating (5  s = best):

Venue

Staff

Tea

Food N/A

Experience

Green

Oolong

White

Herbal

Rooibos

Other

Appearance/Color:

Yellow Yellow-green Green Amber Red Dark brown Black Other

Aroma:

Floral Fruity Citrus Smoky Earthy Grassy Spicy Nutty Chocolate

Faint Moderate Strong Other Cardamom

Taste:

Floral Fruity Citrus Smoky Earthy Grassy Spicy Nutty Chocolate

Plant/herb Savory Malty Other

Delicate Mild Flat Crisp Tangy/tart Sweet Strong

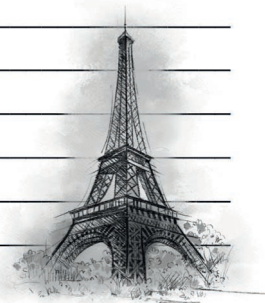
Mouthfeel:

Silky Smooth Brothy Oily Velvety Tingly Brisk Dry Other Creamy

Notes (or attach a business card or memento)

Great for a night by the fireplace!

Makes me want to go for a sleigh ride



The 7 Rules of Tea

1. Make a delicious bowl of tea.
2. Lay the charcoal so the water boils.
3. Arrange the flowers as they are in the field.
4. In summer, evoke coolness; in winter, warmth.
5. Anticipate and do everything ahead of time.
6. Prepare for rain.
7. Show every consideration for your guests.

~ Sen Rikyu, 16th Century Japanese Tea Master
on Chado (the Way of Tea)

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Fill in these blanks with teas and places reviewed for easy reference in the future!

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About the Authors

Alan Arnold spent more than 12 years as a barista and café manager in Kansas City, making more than a half-million drinks. While much of that was coffee, he always had a passion for tea, and one year was number three in the U.S. for tea sales (out of more than 600 cafés).

After losing his job in 2009, he and his wife, Marlys, set out to fulfill his dream of having a private line of tea. They chose the name **Adventures with Tea** to emphasize that it doesn't have to be like the plain, boring tea people may remember from Grandma's house ... tea can be fun and funky, in addition to being tasty and healthy.

But the couple doesn't stop at promoting tea as a beverage. They also use it as a recipe ingredient in everything from main dishes to desserts. Over the past two decades, they've developed hundreds of tea-infused recipes, which they share in cooking classes as well as in their own eMagazine. Many of those recipes are also published on their blog.

Connect with Alan & Marlys:

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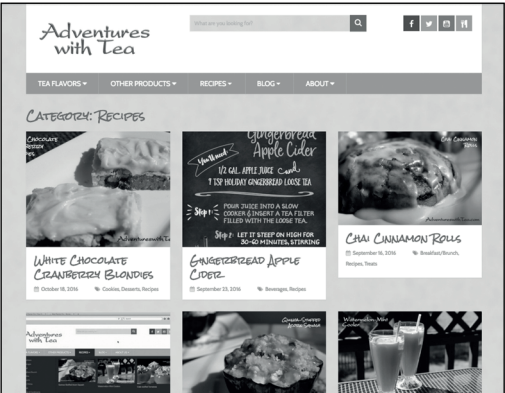
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YouTube: @AdventureswithTea



More from the Authors:

Adventures with Tea
eMagazine archives



Blog featuring
tea-infused recipes

Gourmet
loose-leaf teas



Learn more at: www.AdventureswithTea.com

Record Your Tea Adventures Using this Keepsake Journal!

So many tea choices! How do you keep them all straight?

Using this journal, you can keep a detailed record of every tea you experience – be it bagged or loose, black, green or herbal. The fill-in-the-blank Table of Contents makes it easy to refer back to flavors you've tried.

Whether you're a long-time tea lover or just beginning to experiment with all the options, this is the ultimate organizer to record your tasting adventures. Each page includes space for noting details about both the tea and your overall experience, with space for both At-Home and Out & About Experiences.

Ever get frustrated trying to remember the name of a tea you tried long ago and want to find again? By creating your own personal record, now you can purchase the teas you love again and again ... and avoid repeating the "mistakes."

Bonus Content:

Inside you'll also discover nuggets of tea history, tips, and trivia, including an extensive timeline of tea-related world events. There are even a couple of word puzzles for you to work on while sipping your tea.



Visit the authors at:
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