

# Crossroads

CROSSROADS Language Studio's Newsletter August, 2016

## A GOOD CUPPA



It's a common misconception that, next to water, coffee is the most widely consumed drink in the world. In

fact, tea consumption greatly exceeds that of coffee at roughly 6 billion cups a day.

Black tea (or red tea in China and Japan) comes from a shrub called *Camellia sinensis*. The aroma, taste, and colour depend on factors such as; the country and region in which it was grown, the year and season of harvest, the grade of leaf. Today, tea is primarily grown in Sri Lanka, India, China and Kenya.

Some of the major types of tea include;

**Ceylon:** Grown in the mountains of Sri Lanka, this tea is lively and bright with citrus notes.

**Assam:** Grown in northeastern India, full-bodied, dark, and malty.

**Darjeeling:** Grown on a small number of estates in India's Himalayas.

Tea is usually graded according to the size of the leaf. The most commonly used grade is *Broken Leaf*, sold as a loose-leaf or in good quality tea bags (Twinings, Dilmah etc). *Fannings* (leftover tips from higher grade teas) and *Dust* (leftover particles only suitable for teabags) are used by lower quality mass market brands (Lipton, Tetley etc).

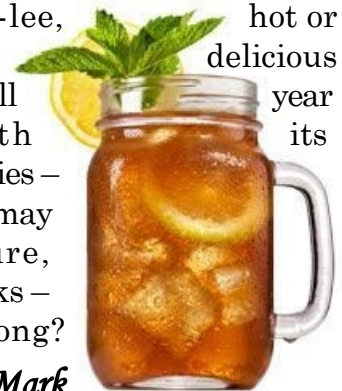
For a good brew a single origin is best, but there are a few good blends available such as *English Breakfast*, made from Ceylon, Assam and Kenyan leaves, or *Earl Grey*, usually a Ceylon leaf blended with bergamot.

So, just what is required to make that perfect cup of tea at home?

According to tea tsar Stephen Twining, making a brew really shouldn't be complicated. Always use freshly drawn water as it contains a lot of oxygen. Tea should be steeped for a minimum of three minutes, but no more than five, as this will result in the release of bitter tannins. If desired, a splash of milk or a slice of lemon can be added, but never sugar, as he believes this completely ruins the delicate balance of flavours.

During the hot summer months what could be more refreshing than a tall glass of iced tea? Don't make the mistake of brewing hot tea and then cooling it as this will result in a stale, flat flavour. Simply add five teabags (or the equivalent amount of loose-leaf) to one litre of cold water and let it steep in the refrigerator for eight to ten hours. Serve with a slice of lemon or a sprig of mint. Cold brewed ice tea is naturally sweet, but unlike hot tea, adding a little sweetener is acceptable.

A good cup of rosy-lee, hot or cold, black or white, is a delicious way to stay hydrated all year round. Coupled with its potential health properties – three to five cups a day may reduce blood pressure, diabetes and stroke risks – how could you go wrong?



*Article by Mark*

## Net News

**NET LESSONS:** Too busy to come to CROSSROADS?

.... Try our *lessons on the net!*

Here's how they make a "cuppa" when in Yorkshire:  
<https://www.yorkshiretea.co.uk/our-teas/how-to-make-a-proper-brew>

# Some Thoughts for the Month



**Joshua Says:** This month will be Colm's last with us. He has finished his contract and will be moving on at the end of the month. We thank him for the good work he has done while with us and we all wish him success for his future. Soon we will be inviting a new teacher, Matt, to take over Colm's teaching duties here. Matt will join us from September 1<sup>st</sup>, and as we wish Colm all the best for the future, we are also looking forward to working with Matt from next month.

**Junko Says:** Did you know that NHK is broadcasting English TV programs 24 hours a day? Here's how to watch them. First go to the NHK World home page. Next, click on the banner that says "NHK World" on the top page; then, click "live" in the menu bar. Now, you can start watching various programs in English. This may be useful for you to practice your English listening and comprehension skills!



**Mark Says:** Most summers in NZ I would skedaddle up to the Aoraki lakes district to do some camping. Unfortunately, the humidity of West Japan makes the prospect of summer camping seem a little unpleasant. I think I will hold off until September. If you have any Autumn camping spot recommendations for Shikoku, please let me know.

**Colm Says:** Obon is almost upon us and the weather is perfect for some island-hopping. I plan to spend some time visiting the beautiful islands of the Seto, or Inland Sea. From what I've seen online, the scenery of the area is beautiful. I hope it is the first of many special trips in the lesser-seen spots of Shikoku.



**Danielle dit:** Ce mois-ci, c'est au tour de ceux qui prennent leurs vacances d'été au mois d'août de partir sur les routes afin de rejoindre leur destination estivale. Entre ceux qui partent du centre pour aller en province et ceux qui en reviennent, les grandes routes de France se transforment généralement en véritable enfer. Ceux qui préfèrent voyager en train ou en avion ne sont pas épargnés non plus. J'imagine que l'attente est le prix à payer avant de pouvoir profiter pleinement des vacances.

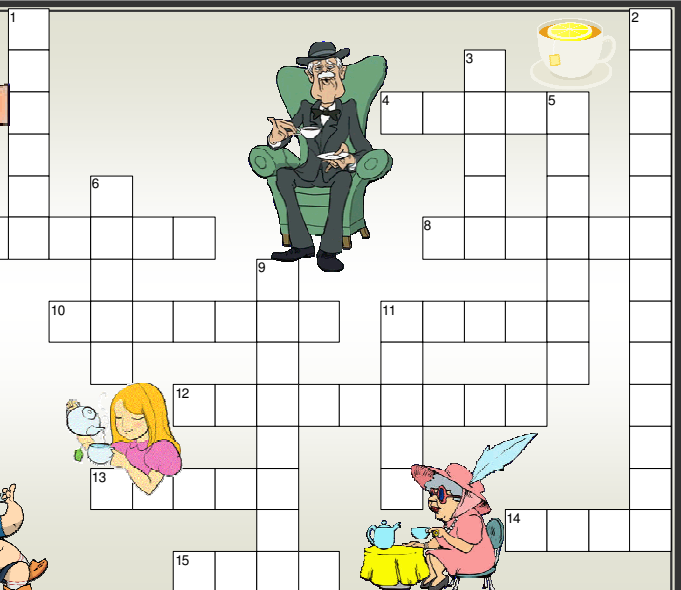
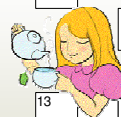
## ACROSS

- 4 bush
- 7 property, especially land
- 8 a bitter flavor (especially in wine or tea)
- 10 left in liquid to extract flavor
- 11 not fresh
- 12 mostly
- 13 a cup of tea
- 14 to destroy or make worthless
- 15 a drink made by boiling

## DOWN

- 1 fruit such as lemon or orange
- 2 false or mistaken belief
- 3 a pleasant odor
- 5 combined into one
- 6 a type of flavor in some drinks
- 9 easily broken, damaged or destroyed
- 11 a small branch

## Play A Game!



(print version [here](#))

