

WRITTEN BY
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tea time

FEEL GOOD ~ Relax, it's

A slowly-steeped cup of green tea is an easygoing alternative to a double latte to go. This ancient brew is suddenly hip. Sip to calm your spirit, or use one of the new tea products to soothe your body. Gong Fu (Chinese for "skill from practice") in Des Moines (3) is just one of many new tea shops devoted solely to tea. Silver canisters (which keep out light and moisture) (2) hold 100 different teas, including green, black, white, yellow, and herbal. Glass jars (1) showcase the unique texture, color, and aroma of teas. Teas require different steep times (4). (White tea steeps for six minutes, black tea for four to five minutes.) Products including tub tea, incense, lotion, and shampoo (5) can be found at Gong Fu Tea, 414 E. 6th St., Des Moines, IA 50309, 515/288-3388.

FOR A LIST OF GREAT TEA SHOPS AROUND THE COUNTRY, VISIT OUR WEB SITE AT WWW.COUNTRYHOME.COM.



Tea added to lotions and oils, or simply sipped, soothes the soul.

