



## carta de té tea list

té, la bebida que da de beber al alma

beatriz pintero lago



### **Artisan Tea Garden / CamelliasinensisPlantation / Quinteiro da Cruz Manor House**

All the details of life should be taken care of and celebrated in order to try to find beauty in everything and to seek tranquillity and harmony in life. This is the idea that prevails in the work of Lu Yu, the Chinese writer who wrote the first book on tea around 760 AD. Feeling the call of tea, travelling to the areas where it is grown and undertaking a research project through the wisdom of the farmers themselves, he wrote the Cha Jing or the tea classic, in which he considers everything surrounding tea to be part of the cosmic order, starting with the preparation and tasting of tea, becoming a symbol of harmony with the universe. Lu Yu's book summarises tea culture up to the mid-Tang Dynasty. Full of mysteries and legends, reading the book allows to assimilate and understand the presence of tea and how far its projection can reach. It explains everything about the tea of the time: cultivation areas, types and characteristics of tea, the harvesting process, how to drink it, the tea culture... A book that has made an impact on my path in life and has made me want to have my own tea plantation. Growing up among the camellias of PazoQuinteiro da Cruz has undoubtedly been the basis for developing different projects around the camellia and specifically this project around the cultivation of Camellia sinensis.

I have started my tea journey through study, knowledge, travelling to different countries: to the cradle of tea in China, to the Azores where the first tea plantation in Europe dates back to the 19th century and listening to my intuition.

I opted for a tea garden surrounded by fruit trees and camellias in a botanical garden setting - the International Camellia Garden of Excellence at PazoQuinteiro da Cruz.

The beginning of the Camellia sinensis plantation dates back to 2008. We opted for an organic cultivation; its harvesting and processing is totally handmade, following the traditional Chinese and Japanese methodology, with our own method, developed thanks to the impulse of valuable tea experts who have accompanied me on this path.

Thanks to permaculture and circular economy as a basis for the design of the plantation, I have been able to develop different valorisations of the tea plantation itself. The aim is to improve the quality of life of people and the planet, with several objectives: the production of tea, research into its properties as an organic dye and source of ultraviolet protection, and the dissemination of its culture. Although tea is the second most consumed beverage after water in the world, in Spain and in Galicia in particular, there is no tea culture. Many people who visit us throughout the year are surprised that all the tea in the world is obtained from Camellia sinensis (one of the 50 medicinal plants of traditional Chinese medicine).

In this project I have chosen to transmit and create tea culture, through the artisan elaboration of a quality tea, experiences around tea, a tea of "Galicia" origin, from the plantation of PazoQuinteiro da Cruz in Ribadumia, totally artisan, both in its harvesting and in its elaboration, based on organic agriculture. An organic tea that can be tasted in a Tea Garden and where you can live the experience of harvesting and elaboration by the hand of its producer.

Beatriz Piñeiro Lago

Throughout history the camellia has been a symbol of freedom; slaves in Brazil used the white camellia as a symbol of freedom. In New Zealand women's rights activist Kate Sheppard, in the 19th century, used the white camellia in her fight for women's suffrage, the first country where women had the right to vote. Now in the 21st century my intention is that the camellia also represents the Diversity of Human Nature and for this reason I have created the Green Tea Flower, a tea in solidarity with the Light of the Girls campaign for the defence and eradication of violence against girls and conveys the symbolism of this flower.

The International Garden of Excellence of the PazoQuinteiro da Cruz is the first tea plantation of *Camellia sinensis*, located in the northwest region of Galicia, in Ribadumia, Pontevedra, Spain. A project that started in 2008, with permaculture and circular economy as a design basis, a sustainable, artisan and ecological plantation, very productive with harvests from the end of March to the beginning of October. The aim of the project is the economic diversification in a change of concept of the exploitation of *Camellia sinensis* to promote the agri-food, tourism and industrial sector from the concept of sustainability and circular economy, to promote the revitalisation of this rural area.

RGSEAA Health Registration: 25.002867/PO  
Registration of the tea plantation as an Agricultural Exploitation:  
G-3604602117 (20/07/21)  
Artisan Food Charter: R-AA-5 (04/07/2022)  
Registered trademarks: First tea producers of Galicia-Spain,  
Herbs & Symbols, JardínBotánico del PazoQuinteiro da Cruz,  
Tsubaki &Co, Siente la Camellia.

## TEA MENU

**Green tea:** 100% Galician, artisan, ecological and organic. Made with the tender buds of *Camellia sinensis*, 1st, 2nd and 3rd buds.

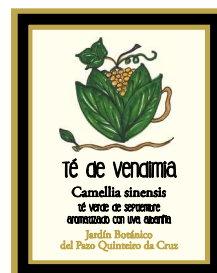
Green tea tasting notes: camellia flower, fig, almond, cherry, acerola and loquat. A soft touch at the beginning and astringency in the second water, a tea that conveys peace and tranquillity. Green tea is the most beneficial for health, due to its high content of catechins and polyphenols.



**Flower tea:** green tea flavoured with the *Camellia sinensis* flower, from the PazoQuinteiro da Cruz tea plantation, 100% Galician, made between September and October.



**Vintage tea:** green tea flavoured with the Albariño grape from the Quinteiro da Cruz vineyards. 100% Galician, it is made at the end of September, coinciding with the harvest of Quinteiro da Cruz albariño grapes.



**Green Tea Flower:** green tea flavoured with camellia petals of all colours from the Botanical Garden of PazoQuinteiro da Cruz. Solidarity tea that was born with the intention of giving diffusion and support to the campaign of the Light of the girls of Entreculturas, the special edition was for the celebration of the 13 years of the beginning of the plantation of tea year 2008.



**Kukicha Green Tea:** tea made with a fresh twig and a leaf, a very smooth tea, pleasant in the mouth



**White Tea:** made with the first fresh bud and dried in the sun when the weather permits. 100% Galician.



**Pruning Tea:** 3 years old tea, picked with the pruning of the tea in January and a tea is made with twigs and leaves. A tea with a lot of minerals.



**Kukicha tea:** 3 year old tea made from twigs only.



## Blends of Herbs & Symbols:

**Tea for romance:** fermented tea flavoured with camellia, rose, orange and cinnamon petals.

A smooth and pleasant tea that will not leave you indifferent.

**Tea for pilgrims:** fermented and smoked tea flavoured with camellia petals, cardamom, lemongrass and lemon peel.

A strong tea that will activate you and help you on your way.

**Tea for company:** green tea flavoured with lemon peel, ginger, lemongrass and roses. A smooth, fresh and pleasant tea, ideal for conversation in good company.

**Tea for Wellness:** prune tea flavoured with ginger, hibiscus flower and rose hip. A very pleasant, fresh tea that will provide you with minerals and vitamin C.

**Tea for serenity:** white tea flavoured with lavender, lemon balm, marigold, rose, lemongrass, chamomile, blackberry leaves, strawberry and hazelnut. A tea that will help you fall asleep and relax you.



## Téa for Nélida

Camellia sinensis pruning tea flavored with camellia petals from the Botanical Garden of Pazo Quintero da Cruz.

In homage to a great woman, writer and friend.

Throughout history, the camellia has represented the symbol of freedom and the defense of women's rights.

This tea is born with the intention of spreading thoughts, words and experiences that Nélida transmits very well in the pages of her books.

A tea made with leaves of the 3 years of Camellia sinensis with camellia petals, to remember Nélida in "Camélia dos Mortais" when she says that "each petal is a child of human utopia".

A tea that evokes wisdom, seasoned with the diversity of human nature. Tea, the drink that gives drink to the soul.

