



## The “manly” Tea List

In discussions with men about tea, I find that many of them are unfamiliar or uncomfortable with the idea of drinking tea. While in many of the world’s cultures tea is consumed by men, in the United States, many men’s tea consumption is limited to ice tea at their favorite Mexican restaurant. Perhaps it is the image of women in frilly dresses sitting around a plate of tiny sandwiches and cups trimmed with flowers and pastel colors. Or, it could be the images of coffee conjured by TV crime shows, the wild west and old WWII movies are more compelling than tea. Whatever the reason, some men don’t think tea is “manly”.

I must admit that I used to be non-tea drinker. However, after three years in Japan and my experiences with the varieties of teas from around the world, I have a new view of tea. There are several attractions to tea from a male point of view.

- There are many teas that have the bold flavor and body to stand up to coffee
- There are teas whose flavors are more subtle, but nonetheless interesting
- Teas offer benefits beyond the taste (health, smell, looks, etc)
- Teas, like wine, are great companions to food

In convincing non-tea drinking men to try tea I have compiled a list of those teas that seem to appeal to them. This list is known as “Bret’s Manly Tea list”.

1. **Lapsong Souchong** – This black tea has a smoky campfire-like flavor from the drying process. Think single malt scotch or a fine cigar
2. **Sencha Menthos** - a mild green tea flavored with mint. It is refreshing hot or cold and requires no sugar. A great introduction to green teas
3. **Gen Mai Cha** – a Japanese blend of green tea with toasted rice kernels. It has a great full body and served as a coffee substitute for me while living in Japan
4. **Kukicha Toasted** – made from the stalks of tea plant, is nearly caffeine free but rich like coffee. It has a strong, sweet, slightly chocolate-like flavor.
5. **Gunpowder** – A great way to try a straight green tea. Plus what manly man wouldn’t like something with the word “gun” in it!
6. **Russian Caravan** – A black tea, with Lapsong Souchong in it along with some exotic spices. A smooth, rich drink
7. **Pu-Erh mini-Touchas** – this tea comes in cake form. It has an earthy smell, medium body, and a unique taste. Not for the faint of heart!
8. **Ice Tea Peach** – this Rooibos is excellent hot or cold, it will convert you from plain iced tea forever!
9. **Tiramasu Marscapone** – Ok, I know this does not sound manly but this Rooibos makes a great finish after a meal, it has no calories, caffeine and won’t add to your waistline
10. **Assam Halmari** – An Indian tea that goes great with milk and sugar. Dark in the cup like coffee... No one will know you have switched! A stealth tea!

So, be a man and give tea a try!



*Bret Wingert is Vice-President of Souvia Tea and an avid green tea drinker.*

