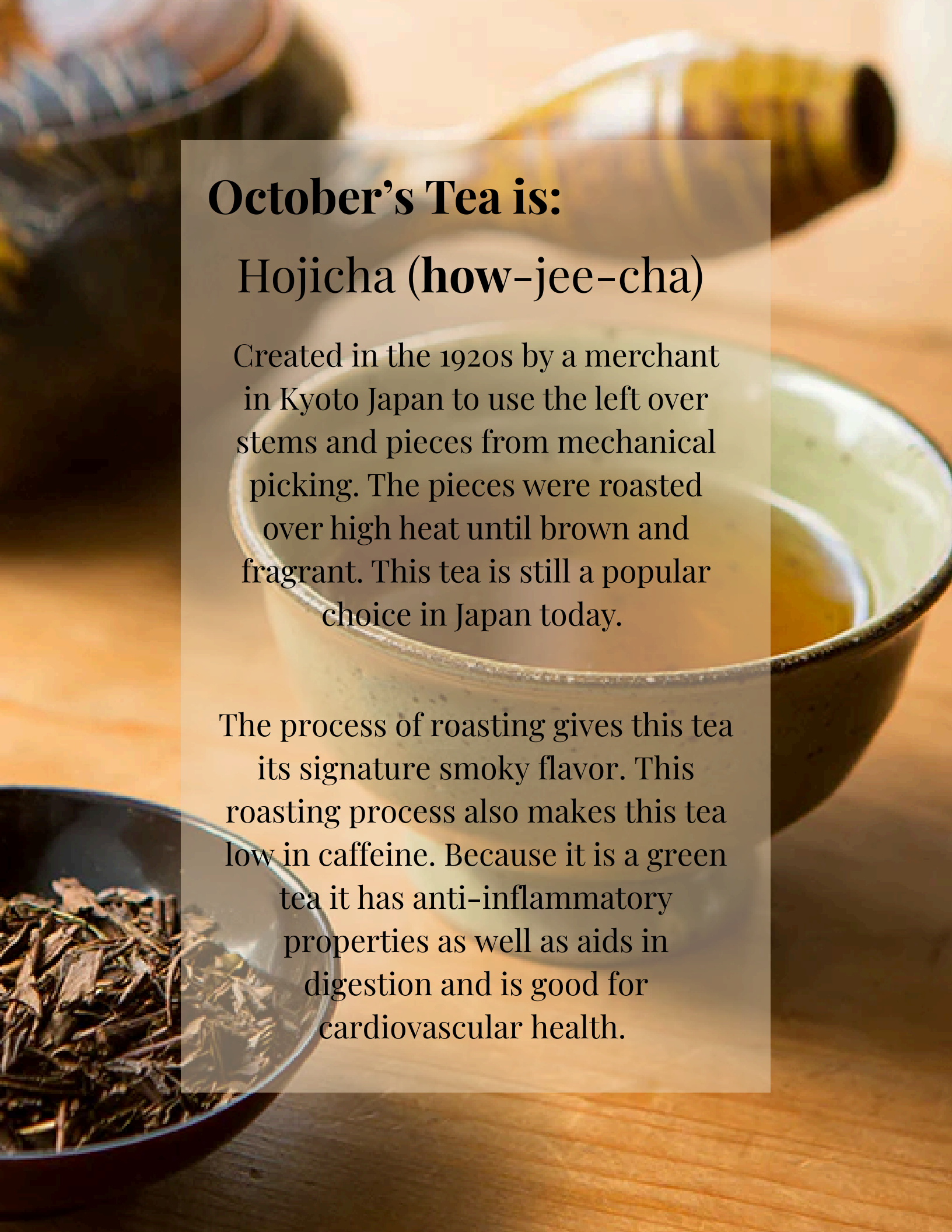

October's Tea is:

Hojicha (**how**-jee-cha)

Created in the 1920s by a merchant in Kyoto Japan to use the left over stems and pieces from mechanical picking. The pieces were roasted over high heat until brown and fragrant. This tea is still a popular choice in Japan today.

The process of roasting gives this tea its signature smoky flavor. This roasting process also makes this tea low in caffeine. Because it is a green tea it has anti-inflammatory properties as well as aids in digestion and is good for cardiovascular health.