



- Home
- Chef & Hotel Profile
- Publisher's Page
- Gift Guide
- Travel Adventures
- Epicurean Events
- Health Minded
- Spa Babys Secrets
- Cocktail Scene
- Book Bites
- Culinary Coup
- Kids Kaleidoscope
- Tinseltown Tidbits
- Radio Show & Links
- Contact Us
- Become a Partner
- Online Magazine Archive

THE ART OF TEA

Good Health for the New Year at the Tea Garden & Herbal Emporium
by Bonnie Carroll



Over a six month period of time I have lovely lotus open at 9001 Beverly Boulevard away from the former Chasen's location in West Hollywood; a rather Chinese tea shop was gradually transformed into a magnificent visual jewel of a Tea Garden Emporium that is filled with all aspects of health, along with some of the most beautiful art I have ever seen.

My first visit to meet with owner Mark

Ukru was a blissful surprise that included, not only a personal instruction on the philosophy behind the creation of TG, but a personal tour of the entire facility, along with a sampling of the contemporary macrobiotic cuisine, considered by many to be a secret to long life, from M Café de Chaya, which is being served on the inviting outdoor Zen garden patio. The menu is based on a diet that refines their philosophy of a peaceful, mindful and purposeful existence into an elegant and simple cuisine, one that is seasonally appropriate and relies on whole and natural foods chosen and cooked according to the need of the individual.



The wonderful M Café menu items include breakfast hearts of romaine, tuna tataki, and M chopped salad inari & sushi combination, and vegetable sushi. Sandwiches include M muffaletta, hummus & falafel wrap, and a salad sandwich with multi-grain bread. The desserts are outstanding, and include chocolate tart, banana chocolate millefeuille, apple kanten, a selection of delicious coffee and amazing truffles. Of course, there is a divine tea to accompany all of these scrumptious healthy bites, and a pot of glass of iced tea is a perfect compliment. I loved the salad, filled with avocado, carrot, cucumber, sprout, and mayonnaise. The house-baked multi-grain bread with and the M chopped salad is really a flavorful meal for those who associate healthy food with boring tastes you will be amazed by the TG menu especially the outstanding desserts.

TG's tea menu includes rare and extensive collections of white tea, green tea, oolong tea, pu-erh tea, and a charming collection of tea just for kid's. We all know that "tea time" enjoyed by the English, which creates a time in the day when there is a pause to refresh body and spirit, as well as the pleasure of a Japanese tea ceremony in Japan has played an important role in the history of countless people through the ages. For centuries the Zen monks have developed rituals for tea service to enhance meditation, and in China, tea is served with a refinement reminiscent of wine

