



944's choice / **tea garden & herbal emporium**

BY KAREN KNIGHTON

In the hectic, crowded and over-stimulating world of Los Angeles, it's important to have a place of Zen. The Tea Garden & Herbal Emporium, housed under a delightful orange awning and ensconced in positive energy, is all that and more. Their tea and tonic selection is beyond extensive, as tea expert and proprietor Mark "Dr. Tea" Ukra will kindly explain. Hailing from a family that has been in the tea business for more than 250 years, Dr. Tea has definitely earned the right to his self-professed name. He is the originator of the delicious Capa-Teano made from an Oolong

Coffee tea as well as the refreshing Tea-na Colada made from Green Tea Pineapple. "The health benefits from tea can provide the stimulation without all the side effects of a highly caffeinated beverage," says Dr. Tea. "It's simply a cup of good health a day." The Tea Garden & Herbal Emporium also offers a great selection of herbs with on-site herbalists and fresh bites from M Café de Chaya.

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