

in season with **incahoots**

Connecting with the McMinnville community year-round

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Hello Spring

Spring is our favorite time of year at Incahoots. We enjoy seeing the delight on customer's faces as they leave the store with a packet of heirloom seeds or an outdoor plant for their yard.

Soon the store will be filled with the delightful scent of fresh cut flowers grown locally in McMinnville's Community Garden. It feels good to be able to shop locally and sell products that have a positive aspect.

And so along those lines, as a business committed to sustainability, we are excited to announce the store's spring events.

The first is an Earth Day essay contest for children and adults in April. Prizes include gift certificates from Incahoots and Hopscotch Toys. Entry forms are available at the store and on the website.

In May, look for us in the UFO Fest parade where we will be passing out samples of organic tea.

And in June, we are partnering with McMinnville Garden Club for a free organic container gardening class at the store.

Lastly, we have launched this newsletter. This issue includes an article about 10 organic teas, followed by instructions for steeping loose tea leaves. And then there is a feature story about a band student that benefits from the Mac Band fundraiser that our customer's faithfully support by bringing in their empty bottles and cans*

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Tasty Organic Teas to Try

While buying tea bags or pods is a convenient way to make tea, purchasing a few ounces of several types in bulk is a fun way to discover new favorites. Here are 10 organic loose-leaf teas that Incahoots keeps in stock. Visit the store or website to see the store's full 100 plus varieties of teas, many of which are organic.

1. **Royal Phoenix Oolong**

The large leaves in this tea come from China's Guangdong Province. The tea bush's tops are left unpruned so it will grow into a tree. This delicious drink has a fragrance reminiscent of nectarines and peaches.

2. **Irish Breakfast**

This traditional Irish tea is a blend of Tanzanian and Indian black teas. Fun fact: The Irish drink more than 6 pounds of tea a year, which is more per capita than any other country in the world.

3. **White Peony**

To harvest "Pai Mu Tan," as the Chinese call this tea, white peonies are picked in sets of one or two leaves and a bud. It has a mild, sweet taste that make it ideal to drink with a meal.

4. **Malty Assam**

This is one of Incahoots' co-owner Brian Bailey's favorite teas. It comes from northeastern India. The leaves of the Camellia Assamica plant make for a rich, malty cup of tea.

5. **Hibiscus Ginger Bulk Tea**

Petals from Hibiscus flowers and dried ginger are the two ingredients in this caffeine-free drink. It is both spicy and sweet and can be served hot or cold.



6. **Organic Red Bush Chai**

This is another caffeine free tea. It features rooibos, a red bush tea in South America. The drink's spicy sweet flavor comes from cinnamon, cardamom, cloves and spearmint.



7. **Yerba Mate**

Those looking for a morning alternative to coffee will want to try this tea. Yerba mate contains mateine, which is like caffeine. In addition, the drink offers health benefits for the nervous and immune systems. In Argentina, it is more popular than coffee. In fact, it is the country's national drink.

Many teas are good hot or cold, making them an ideal year-round drink.

8. **Royal Gardens Organic Earl Grey**

No list of teas is complete without earl gray, one of the most popular black teas in the world. The tea contains oil of bergamot, which is a citrus fruit. That gives the tea a sweet lemon-like flavor.

9. **Genmaicha**

This brown rice green tea originated in Japan with Buddhist monks who made tea in a pot that had rice stuck to the bottom. Making the tea was an act meant to display humility and conservation. It quickly became popular throughout Japan. It has a grassy, sweet, nutty flavor.

10. **Honeybush**

Rooibos is a close relative of this slightly sweeter, more full-bodied cousin. Honeybush grows on the East Cape of South America. Its flowers, as the name implies, have a honey-like aroma. The tea has a mild roasted, floral taste and works equally well as a hot or cold tea. *

HOW TO



Steeping Loose Tea

Sometimes tea drinkers shy away from loose teas because they do not know how to steep them. However, it is easy if you have the right tools.

First, pick a tea. For those who don't already have a favorite, The Tao of Tea's Organic Dragonwell Green Tea is an excellent choice.

The easiest way to steep loose leaves is in a tea ball or infuser. They are usually made of metal and come

with a chain or long handle for easy removal from a hot cup. Incahoots sells several types in its tea section.

To begin, scoop a teaspoon or two of loose tea into the infuser. Do not overfill it or you will end up with tea leaves floating in your cup. Carefully close it and place it in the bottom of a cup, just like a regular tea bag.

Next, fill a tea kettle with water and set it on the stove to heat. Microwaved water will also work, but some people say it makes the tea taste flat.

After the water comes to a boil, pour 8 ounces over the tea. Be sure that the ball is completely covered with water. How long it needs to steep depends on the type of tea it is.

White and green teas take about two minutes, Oolong takes slightly longer and black takes 3-5 minutes, depending on how strong you want it to be. Herbal and rooibos tea can take anywhere from seven to ten minutes, but both are delicious and well worth the wait.

Once the tea finishes steeping, remove the infuser and set it aside. Do not throw the leaves out if you made Oolong, green or white tea, because the leaves can be used again for a second cup.

That's all there is to it. Drink the tea just as it is or add a bit of cream or honey to taste. To make it stronger or lighter, just adjust the steeping time. *

SPRING CALENDAR

April

Earth Day Essay Contest

1 Entry forms available at the store and online

19 Last day to submit entries

22 Winners posted at store and online

May

22nd Annual UFO Festival Parade

15 Parade begins at 3:30

Look for Incahoots' "out of this world" float.

Join the fun by dressing in your best alien-ware for the parade.

June

Container Gardening Class*

1 Sign ups posted online and at the store

19 Class starts at 10:00

Please arrive at the store
By 9:30.

*With the McMinnville Garden Club

PROFILE

Customers often drop off bottles and cans at Incahoots for the high school's Mac Band fundraiser. This issue's profile introduces readers to one of the students in the band.

Meet Byron Nice

Like most juniors, McMinnville High School student Byron Nice is looking forward to his senior year. The trombone player, who is the oldest of Casey and Jessica Ojua's three children, is excited about serving as the marching band's drum major.

Byron started playing trombone as a sixth grader in Mark Dana's class at Patton Middle School. Having played the piano since he was six, he already had some music experience and took quickly to the instrument. Eventually, he was asked to join the school's jazz band.

At the high school, in addition to jazz band, he performs with the concert band, the marching band and the wind ensemble.

Band director David Barton feels good about selecting Byron as his next drum major. "He's an excellent musician, of course," Barton said. "But he's also a leader, very responsible, a fine example for the entire band."

"He's willing to pitch in and do whatever needs to be done, whether its stacking chairs or coming in early in the morning before a band trip to help pack the trailer."

"He's a hard worker. Byron doesn't do anything halfway," fellow band member Tony Johnson said.



And the trombone player does a lot.

He maintains a 3.95 GPA and serves as captain of the high school robotics' club. The Eagle Scout completed the high school's Engineering and Aerospace Sciences Academy career track his first two years of high school and is working hard to add the performing arts and computer science tracks to his accomplishments before he graduates next spring.

It is a lot of work, but he doesn't mind, he said. He has his eye on his after high school goal—studying computer science at Massachusetts Institute of Technology in Cambridge, Massachusetts. *

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