



**Chai**  
**The Experience of Indian Tea**  
**Rekha Sarin**  
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- A wonderful book for anyone passionate about tea, an amazing journey infused with rare insights into the diversity of the tea-producing regions including Assam, Darjeeling, Nilgiris and the Kangra Valley
- Meticulously researched and beautifully photographed, it is the story of the people and the land, from the natural environment (geography and climate conditions) to local culture and traditions surrounding the process of cultivation
- An opportunity to savor the the flavours of a universally popular brew

*Chai: The Experience of Indian Tea* is a journey into the heartlands of tea production, across the length and breadth of India, offering a glimpse into the history and culture of the people who cultivate it, the process of growing, the diversely beautiful landscapes, the rich traditions and the ceremony. This intriguing volume is a visual treat, that traces leaf to cup, covering the entire spectrum of the tea industry through wonderfully descriptive text and stunning photography; put the kettle on, put your feet up and enjoy! Contents: Preface; Chai the Indian Way; Ever Popular Chai; How Tea Came to India; Contemporary World of Indian Tea; Into the Heartlands of Tea; Picturesque Tea Tourism; Bounty of Assam; Divine Boon of Darjeeling; Bonanza of South India; Bouquet of Regional Teas; From the Leaf to the Sip; Plucking the Leaf; The Planter's Life; From Nature to Man; The Tea Taster's Verdict; Tea the Universal Brew; The Saga of Tea; Choices for the Tea Lover; A Cupful of Health; Recipes with Tea; Finally the Perfect Cup of Tea; Author Note: *Rajan's Vision / Rekha's Musing*; Acknowledgements; Photo Credits; Select Bibliography; Glossary; Index

**Rekha Sarin** is a Delhi-based award-winning writer, editor and published author; she is well-respected and has written articles for many national and international magazines and journals on travel, culture and interior design. **Rajan Kapoor** is an award-winning photographer, (Commonwealth Photographic Award for Environment, *National Wildlife Photographer Award*); whose wide-ranging portfolio is testament to his passion for the environment and concern for the natural world.

