



**AFTERHOURS BOOKS**

## **LEAF IT TO TEA**

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### **Santhi Serad**

The rain-watered, sun-drenched highlands of Indonesia are ideal for growing top-quality tea. Since the establishment of the first tea plantations in the seventeenth century, Indonesians have developed intriguing tea-drinking rituals – many still followed in the present era – and created unique and exotic tea-based beverages. Leaf It To Tea explores the fascinating world of Indonesian tea, and the nation’s equally rich traditions of herbal beverages and tonics. Instructions for brewing the perfect cup of tea, and recipes for preparing delicious, soothing, and healthful herbal beverages, will enable the reader to experience the wonders of Indonesian tea in their own home.

#### **About Santhi Serad:**

Born in Bandung 14 September 1972, she has a great understanding of how Indonesian herbal remedies have helped address Indonesia's health problems for generations. Her parents, Suwarno M. Serad and Hertuti Suwarno, acquainted her with herbal use from a young age, and she has discovered first-hand proof of herbal benefits. Santhi has won numerous research awards, starting when she since she was still studying in the Animal Sciences Faculty at the Diponegoro University in Semarang, Java.

Santhi actively encourages her company to preserve, cultivate, and utilize Indonesian herbs and spices. As an avid handicraft and yoga enthusiast, Santhi believes that the health of body and mind can only come from a balance within the person and with the environment. Her concern over the diminishing knowledge of herbal remedies and usage from the daily lives of most Indonesians had compelled Santhi to write this book. Her love of photography is evident in the pictures that complete this book.

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#### **Book Specifications:**

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