



RUTGERS
UNIVERSITY | NEW BRUNSWICK

The Art and Science of Black Tea

Summer Faculty-led Study Abroad Program

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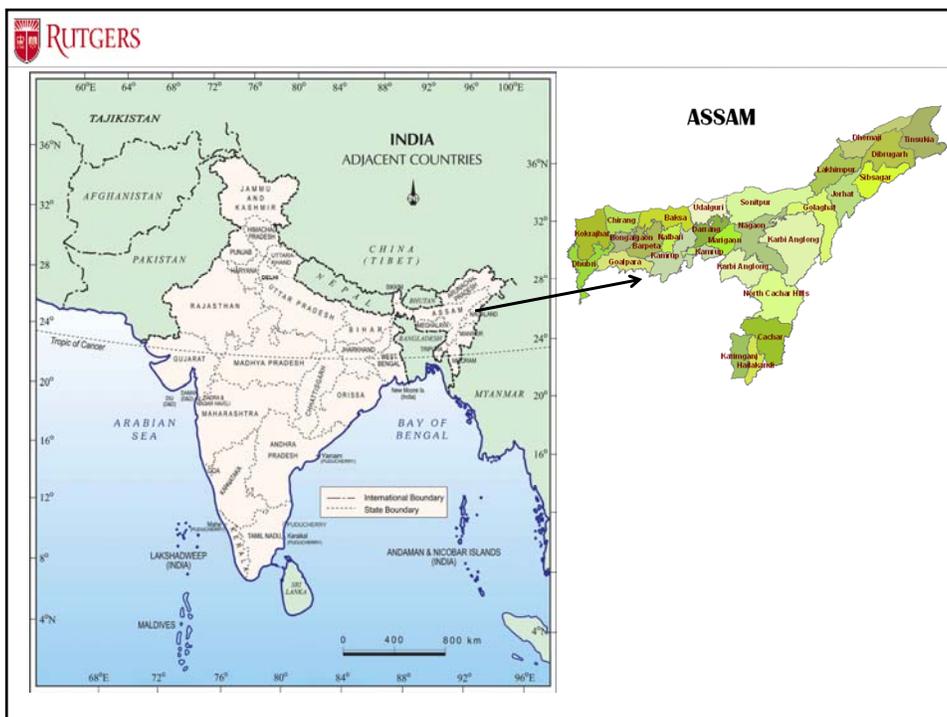
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Tea and Assam

- 187** Assam Tea Industry, 187 Years Old
- 1823** Robert Bruce, discovered tea in Assam
- 1833** First tea plantation was setup
- 1839** First tea company called the Assam Company was setup
- 700 mil** Total production of Tea in Assam is about 700 million kg



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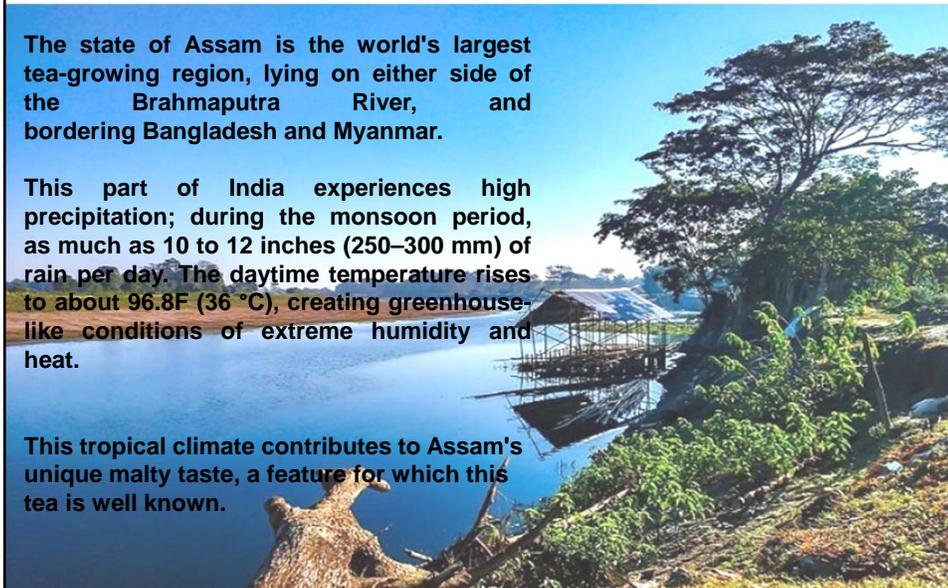
Climate

The state of Assam is the world's largest tea-growing region, lying on either side of the Brahmaputra River, and bordering Bangladesh and Myanmar.

This part of India experiences high precipitation; during the monsoon period, as much as 10 to 12 inches (250–300 mm) of rain per day. The daytime temperature rises to about 96.8F (36 °C), creating greenhouse-like conditions of extreme humidity and heat.

This tropical climate contributes to Assam's unique malty taste, a feature for which this tea is well known.

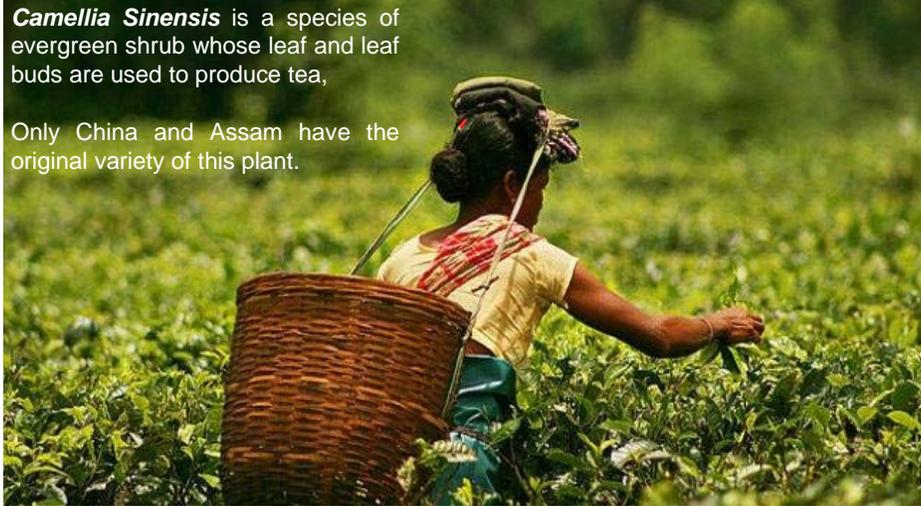
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The Plant

Camellia Sinensis is a species of evergreen shrub whose leaf and leaf buds are used to produce tea,

Only China and Assam have the original variety of this plant.



The astringency in tea can be attributed to the presence of polyphenols. These are the most abundant compounds in tea leaves, making up 30-40% of their composition. Tea also contains small amounts of compounds which are stimulants, and **caffeine**.

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The “Kitchen”



<https://youtu.be/HRjJ46JdXZ4>

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Tea facts

HAPPY HEART

REDUCES THE RISK OF HEART DISEASE BY: **23%**

CONSUMPTION

158 MILLION AMERICANS DRINK GREEN TEA EVERY YEAR

SKIN HEALTH

EGCG APPEARS TO BE 200 TIMES MORE POWERFUL THAN VITAMIN E AT DESTROYING SKIN-DAMAGING FREE RADICALS

REDUCES FAT

LBS

FLAVONOIDS HELP ELEVATE METABOLIC RATE INCREASE & FAT OXIDATION

DIABETES AND SUGAR

TARGETS AND HELPS REGULATE GLUCOSE LEVELS

CAFFEINE

TEA TYPE	CAFFEINE (MG)
WHITE TEA	4.20
GREEN TEA	15.00
BLACK TEA	60.00
OREGANO	90.00

YOUR ARTERIES

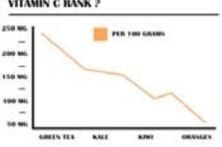
GREEN TEA LOWERS YOUR BAD CHOLESTEROL AND LEAVES YOUR GOOD CHOLESTEROL UNTOUCHED

CANCER

LOWERS YOUR RISK OF: BREAST CANCER, COLORECTAL CANCER, LUNG CANCER, PROSTATE CANCER

46% - 65% REDUCTION IN HYPERTENSION

VITAMIN C RANK ?



PER 100 GRAMS

GREEN TEA, SAGE, LEMON, ORANGE



teas.com

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Culture





- 'Jhumur' dance is a prominent dance of the tea garden communities. https://youtu.be/xdZtm_qNbV0
- 'Bhaona' is a traditional form of entertainment, with religious messages.
- 'Bihu' dance is an indigenous folk dance performed during Bihu festival (Assamese New Year in April) and is an important part of Assamese culture.

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Tourist attractions



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The summer study abroad course on black tea

MAKE TEA,
DRINK TEA,
LOVE TEA,
REPEAT.



- This summer study abroad course is a three-week hands-on learning experience focused on the black tea production and marketing, including supply chain and trade.
- It will cover the art and the science of black tea production and marketing, i.e., from the field to the cup.
- Organic tea and green tea production and processing are also included.
- Students will also experience both cultural and educational aspects, including tours.
- Students will learn from and work with various experts on tea production, processing, and marketing.
- Students will be based on the campus of Assam Agricultural University (AAU).
- This is an all-inclusive offer (except airfare and personal expenses)

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The AAU Campus



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The AAU Campus



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Residence facilities



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Going Global!



The Art & Science of Black Tea

Jorhat, India

From the field to the cup, discover the art and science of black tea production and marketing in the state of Assam in India, one of the largest tea-producing regions in the world.

During this 3-week, all-inclusive program, you will:

- Explore both the cultural and technical sides of the black tea industry in India
- Have hands-on learning experience through field visits and meeting with local experts
- Learn from the various experts in tea plantation, production, processing, and business management

Summer
(3 credits)

Instructors:
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For questions:
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Apply at
global.rutgers.edu/study-abroad

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