



## DAINA TROUT

This holistic nutritionist gets funky with tea.

**WHEN DAINA TROUT** began making kombucha in her tiny kitchen years ago for fun, she couldn't have predicted that she'd launch a beverage empire—but that's how LA-based Health-Ade got started. The effervescent elixir is made from three ingredients—tea, water and sugar—plus a scoby, a starter culture. Trout uses a blend of black and green teas from Asia and Africa. “We originally got the tea from Whole Foods,” she says. “We’d call and say, ‘Do you have, like, 200 cases of green tea?’ Then we’d pack our cars with as many cases as we could fit.” Making kombucha starts with steeping the tea. The next step is adding the scoby, which floats on top of the cooled tea, eating up sugars and transforming them into healthy acids as the tea ferments. To create different flavors—think California grape or ginger-lemon—Trout mixes in organic cold-pressed juices. New varieties may join the lineup, but the base kombucha recipe is always the same. “We haven’t changed our tea since day one,” says Trout. “It’s in our DNA.” — **GINA DECAPRIO VERCESI**



► **Approximately** 92,000 pounds of tea were destroyed during the Boston Tea Party, the present-day value of which has been estimated to be around \$1 million.

► **Herbal teas** aren't actually teas but tisanes: infusions of seeds, berries, flowers, leaves and/or roots.

► **When his** hot tea didn't sell at the 1904 World's Fair in St. Louis, merchant Richard Blechynden offered iced tea and became known for popularizing the drink.

## TEA, PLEASE

Princely nuptials, festivals and tiny togs are steeped in tea culture.



1 For this month's royal wedding of Prince Harry and Meghan Markle, **Fortnum & Mason** created a china collection that includes this mug.



2 Every year, the **Assam Tea Festival** is held in the Jorhat district of India, often considered the center of the country's tea industry.



3 Philanthropic children's clothing company **Tea Collection** adopted the beverage's name to celebrate global, cross-cultural connections.