

Exotic teas, coffees tempt buyers

By Dionne Searcey
Staff Reporter

Bored with Maxwell House or Folgers? Gourmet grounds are brewing at Lincoln's finest coffee and tea shops.

The Perfect Cup, Suite 221 in the Atrium, and The Mill, 800 P St., each sell 50 varieties of coffee.

Euphoria Herbs at 4139 O St. offers 20 different coffees that arouse anyone's taste buds, said Yolonda Henderson, manager.

Coffee at these local stores is imported from countries around the world including Sweden,

Guatemala, Indonesia and Africa.

A unique brand sold at the Perfect Cup is Trip of the Andes, grown above 5,000 feet in the South American mountains, said manager Mark Shriner.

The stores sell amaretto, vanilla cream, Hawaiian Kona, chocolate raspberry, espresso and other eye-opening flavors.

"Most everything is unusual," Val Didrichsons, an employee at The Mill, said.

But basic Colombian coffee is still popular throughout the city's gourmet shops.

Coffee flavors at the Perfect Cup

range from their best seller — the exclusive Nebraska Savory — to the most expensive — Jamaican Blue Mountain. This brand costs about \$22 a pound.

Other coffees at area shops cost about \$6 to \$10 a pound.

A single pot serving of coffee can be purchased at the Perfect Cup for only 98 cents.

Not a coffee drinker? Never fear. Lincolniters can find an abundant supply of tea at area stores.

Teas are popular with customers, Henderson said, because they can be drunk hot or cold.

Euphoria sells 80 different brands of tea. Customers can buy Oriental, black or green teas. The

store will grind the tea, package it and label it for patrons.

The Perfect Cup sells a flavorful variety of teas including kiwi-passion fruit and a Chinese green tea called pin head gun powder.

Fruit flavors are popular at The Mill, Didrichsons said. Apricot, strawberry and wild cherry are big sellers.

A Japanese tea sold at The Mill called Kikicha is a decaffeinated drink that's high in calcium.

Euphoria sells teas that claim to arouse more than the drinker's taste buds.

Teas of love and tranquillity supposedly "motivate wherever the love thing comes from," Hen-

derson said.

The teas range in price, selling from 75 cents an ounce to bulk rates of \$7 a pound.

Coffee and tea paraphernalia are as widely available as the beverages themselves. Lincoln stores sell everything from mugs, pots and kettles to grinders, espresso makers and roasters.

Customers can also buy cotee-flavored candy to supplement the real thing. Dark, white or milk chocolate covered coffee beans can be purchased at the stores throughout Lincoln.

A variety of customers from all

See COFFEE on 10

SUNDAY NIGHT SPECIAL
5 - 8 P.M. ONLY
3 Tacos or 3 Softshells
for only
\$1.25




TACO BELL
245 N. 13th St.
Location Only

FREE drink refills anytime

Now! 3 Value Menus.

Beaux Arts Masquerade Ball
Toons - N - Tales



Live Music By Zurich
Friday, February 8, 1991
9:00 P.M. - 1:00 A.M.
Lincoln Station, Great Hall
Haymarket, Lincoln
Sponsored By: AIAS & ASID
Tickets Available At Union Information Desk

Freshness, quality bring health

By Connie L. Sheehan
Senior Editor

According to Webster's, exotic is defined as something strange or different in a way that is striking or enticing.

I've had a rough time convincing friends who would just as soon binge on a one-pound package of Oreos that I consider health food exotic.

But what can be more enticing than bread so fresh that it can't be sliced until it cools, or glistening scallops and shrimp newly arrived from bustling coastal towns.

Since moving to their new location, Open Harvest, 1618 South St., has enlarged its stock of enticements, added a deli and included fresh fish among its offerings. Jerry Johnston, operations manager, provided me with the grand tour.

Probably the most striking arrangement is a collection of about 300 jars filled with everything from medicinal herbs for bodily ailments to dried garlic for this evening's spaghetti.

The choice of common spices and teas are uncommonly plentiful, but the most exotic of names covered many of the jars lining the walls.

Although I personally knew of no use for Uva Ursi leaf and Myrrh Gum powder, I recognized the horehound my grandfather used to dole out for sore throats.

While the wall of jars took up a goodly portion of one wall of the store, for me, the most enticing products lay hidden in a corner by the deli.

At Open Harvest, bread is not the pre-sliced white stuff that many five-year-olds use to roll into dough balls.

Instead, each morning the shelves are stocked with fresh-baked REAL bread. Whole-wheat, raisin and French join the more uncommon varieties of rosemary, wheat germ.

And if these temptations weren't enough, bread from the Lithuanian Bakery in Omaha is expressed four times a week to line the shelves with loaves of dark, dense Lithuanian sourdough rye, regular sourdough and pumpnickel.

Succulent fresh-baked sweets cried to be noticed in the case next to the bread shelf, but I ignored them before my New Year's diet was tempted too far. Don't think those perfectly shaped coconut

macaroons, fig bars, spice muffins, molasses maple chews and chocolate chip cookies weren't hard to resist.

Johnston explained as we walked the aisles that pasta had become a popular product but the handmade varieties decorating the shelves were as uncommon as any I'd seen. Flavors like tomato basil, Cajun, garlic and parsley, spin-

See HEALTH on 10



Joe Heinze/Daily Nebraskan

Foods from Open Harvest Natural Food Grocery include Edam cheese, raw figs, daikon radish, tofu, whole wheat spaghetti, wild rice and green lentils.