

#AdivasiAwaaz

**Did you know
that bamboo
leaves can be
brewed and
consumed
as tea?**



— Kamal Jamatia





Tripura is home to about 21 species of bamboo. From using it to build deities for worship, to fashioning it into sturdy huts, Tripuris have mastered bamboo art.





Recently, Samir Jamatia,
a bamboo expert from the
state, has added tea to the list
of useful items extracted
from the material.





Samir learnt bamboo leaf herbal tea-making at a workshop held in China in 2008. To his surprise he found that the brewing of the herbal tea followed a recipe similar to the one that has been prevalent among the Molsom community of Tripura to treat stomach ailments.





Samir realized that since Tripura offers many varieties of bamboo and medicinal plants, they can be fused together to brew healthy and nutritious tea.





"Tripuri people used to cook their food inside bamboo thereby infusing the food with natural goodness. This explains why we have good hair and skin. If we add Bonaji (system of traditional medicine) herbs and leaves to it, the tea made of bamboo becomes very healthy for the consumer", says Samir.





There is now a huge demand for the tea. The bamboo tea made by Samir has been sent to many parts of the world for feedback.





Samir has worked with the National Bamboo Mission and the Bamboo Society of India in the past. He keeps coming up with innovative ways to make products from bamboo.





"My dream is to see our indigenous people exploring more avenues for employment and income. Also, we need to safeguard our traditional knowledge systems," he says. He loves to share the recipe with anyone who wishes to learn about it.





The recipe is pretty simple: remove the leaves of a bamboo, shred them, wash and dry them in shade, and then store them. At the time of brewing add herbs such as basil, tulsi, guava leaves, and lemon and the drink is ready.