**Acceso (acceso.ku.edu)**

Unidad 8, Almanaque

La yerba mate en el Cono Sur

How to brew Terere (Cold Yerba Mate)

00:01

One of the best ways to enjoy yerba mate

00:05

on a hot day is called *tereré.*

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Tereré is a typical drink from Paraguay,

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popular among young people and old

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people. It is very common to see students

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going to school and people going to work

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with a guampa and their thermos filled

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with plenty of ice water, because in the

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summertime, temperatures in Paraguay can

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reach 104-113 degrees. Here in the US we

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have coffee breaks, but in Paraguay they

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have tereré breaks instead. Drinking

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tereré is often used as reason to share

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and chat with friends, meet new people or

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just to relax at the end of the day. Tereré

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is very simple to brew. Just take your

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cup and fill it two-thirds full of yerba mate,

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Like so. Turn the cup upside down

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and give it a little shake. Bring it back.

01:03

This brings the small particles to the

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top of the cup and the larger particles

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to the bottom.

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Slowly add ice water

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and insert your bombilla all the way to

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the bottom and enjoy. And you just keep

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adding more ice water as you go, drinking

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all the water out each time. If you let

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it sit for too long,

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it'll get bitter and have sort of an

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acidic taste to it. So you want to drink

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all the water out at once. Very

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refreshing. As far as the brands go for

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drinking tereré, we suggest the better

01:57

way of yerba mate because that's

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what it's grown for. Some of the most

02:02

popular brands are “Selecta”. Very high

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quality yerba mate that comes from

02:07

southern Paraguay. We carry several of

02:10

those here at *yerbamate.us*

02:13

“Pajarito” is one of the largest producers of

02:15

yerba mate in Paraguay. And “La rubia”, is

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this brand, it is probably the hardest to

02:21

get. It is difficult to find

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even in Paraguay because the producer

02:27

only makes so much every year and he

02:29

sells every bit of it.

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“Campesino” is a popular brand because

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they mix their yerba mate

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with various herbs such as *boldo*,

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lemon verbena, mint to create a more

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refreshing flavor. And our favorite is

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“Selecta”. This brand is “Selecta premium”.

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We had it produced just for us.

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It has very low dust in it, no stems. Only

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harvested 3 months out of the year and

03:01

hand-picked, specially aged for 24 months

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to really get that bitterness out and

03:06

create a nice smooth flavor. But no

03:10

matter what brand you choose for a drink

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in your tereré, make it your favorite,

03:14

and experiment.

03:18

Here at *yerbamate.us* we've blended

03:21

our own yerba mate just for drinking

03:25

with ice-cold water or juice. This yerba

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mate is a soft yerba mate, has

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stems in it, large leaf cut. But we've

03:34

also added yerba mate extract. Extract

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is a concentrated form of yerba mate

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and it gives the brew an extra kick, an

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extra lift when you run your ice water

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over to make it refreshing and

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stimulating. So that's the “Soft breeze”

03:51

yerba mate, only available here at

03:53

*yerbamate.us*

03:57

Now you can add lemon

04:00

or lime juice to your iced water, sugar

04:03

perhaps or you can brew it with

04:05

pineapple juice, orange juice, coconut

04:08

milk, any of your favorite juices. Of

04:11

course this is not the only way you can

04:13

enjoy a cold, refreshing yerba mate.

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You can brew it, filter it and pour it

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over ice just as you would ice tea.

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Use your imagination, but don't let a hot

04:22

day keep you from enjoying your

04:24

yerba mate.

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