

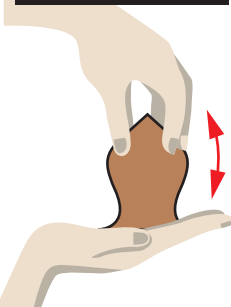
How to prepare an **Argentinian mate**

Drinking mate (pronounced mah-teh) is a tradition and part of the Argentina national identity. Discover the secrets to obtain a delicious and yielding mate.

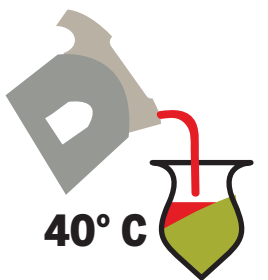
STEP BY STEP



1
Fill 3/4 of the gourd with yerba mate.



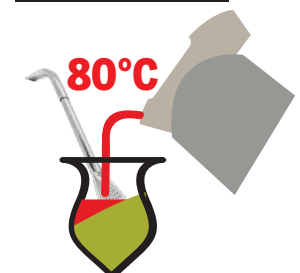
2
Shake the gourd eagerly and covering its mouth with your hand, so the whole components mix together up.



3
Pour some warm water into the hole formed and wait a few seconds to let the yerba mate free its bioactive compounds.



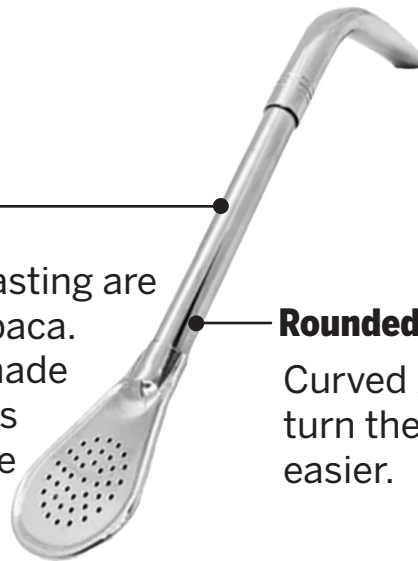
4
Place the *bombilla* (metallic straw) into the wet area, against one of the inner gourd walls, settling it tightly.



5
Gradually, pour the hot water near the *bombilla*. Make sure to keep the "*montañita*", which is the dry yerba mate hill, dry.

Bombilla

The more lasting are made of alpaca. The ones made of stainless steel are the most used.



Rounded or flat
Curved *bombillas* turn the drinking easier.

Yerba mate with sticks

It is the most consumed for Argentinians. Packs must have at least 65% of dried leaves, cracked or powdered, and with no more than 35% of sticks.

Calabash gourd or Porongo

It's the most used gourd, calling up the native Guarani rituals, whose people are thought to be the first mate drinkers.

Do not move it
You shouldn't do it to keep the "*montañita*" (the dry part of the mixture).



First mate drinkers

First "*materos*" were the Guarani natives, a tribe originally from the Paranaense Jungle. They discovered that the yerba mate leaves gave wellness and energy.



The yerba mate tree

1st harvest
3 - 4 años

16 a 18 mts.

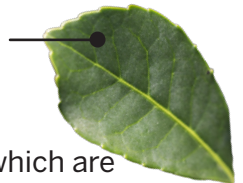
In Paranaense jungle



In plantations:
2-3 meters.

Leaves :

They contain bioactive compounds, which are beneficial for the health.



Saponines
Metilxantines
Poliphenols

Seeds

The seeds are great food for birds, which help them to sow around.



Producing area

In Argentina is cultivated in Misiones and north west of Corrientes provinces.



It flourishes in deep red soils. The ideal climate is subtropical with a dry season.



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