



SELECTING A TEA

This zine pairs each chapter and section of "Let This Radicalize You: Organizing and the Revolution of Reciprocal Care" by Kelly Hayes and Mariame Kaba with recommendations for a type of tea to brew (black tea or herbal tea), tea properties (calming, grounding, invigorating, and refreshing), and some of Mariame Kaba's favorite teas.

We recommend choosing teas that make you feel good, that are easily available, and that are within your budget. You can use bags of tea or loose leaf tea. Pull from what you have or try something new. There's no wrong way to pick a tea!

Follow instructions on the package for brewing, and adjust based on what you enjoy. You may like some teas with cream and sugar, others unsweetened and iced. Select a mug or teacup that brings you comfort, and perhaps pair your tea and reflection with a sweet treat. We've included teas with the following properties:

CALMING	GROUNDING	INVIGORATING	REFRESHING
			
Calming teas are soothing, relaxing, and may contain subtle flavors like chamomile or rose.	Grounding teas are earthy, potent, and may be sweet or have a strong fragrance.	Invigorating teas are stimulating, uplifting, and may include bold flavors like cardamom or bergamot.	Refreshing teas are cooling, bright, and may include citrus, tropical fruits, or mint.



HOW TO USE THIS ZINE

"Steep Yourself in Let This Radicalize You" is a tea practice zine for reflection, enjoyment, and exploration. The zine is designed for tea drinkers who enjoy trying new varieties of tea, for tea aficionados with cupboards filled with options, for people who prefer to drink the same tea every day, and for people interested in trying new teas. While this zine was designed for tea drinkers, readers who prefer coffee and other beverages will still benefit from the questions for reflection.

We encourage you to ruminate on the prompts for reflection and visualization while preparing, steeping, and sipping on your tea. You'll also find recommendations for specific teas from Mariame Kaba (marked with "Mariame Recommends") along with the tea's caffeine content and a personal note.

NO CAFFEINE	LOW CAFFEINE	MEDIUM CAFFEINE	HIGH CAFFEINE
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Want an extra special tea? "Let This Radicalize You" is a loose leaf tea blend handcrafted by Salty Brown Femme made with rose, chamomile, hibiscus, vanilla, and shatavatri. You can purchase it at www.saltybrownfemme.com/shop.

For additional reflection questions, check out the reading and discussion guide for "Let This Radicalize You" at: www.rachaelzafer.com/let-this-radicalize-you.

STEEP YOURSELF IN LET THIS RADICALIZE YOU

CHAPTER	TYPE	PROPERTIES
Foreword: Radicalization Is Vital - Maya Schenwar		
Introduction: Remaking the World - Kelly Hayes		
Introduction: We Can Only Survive Together - Mariame Kaba		
Chapter 1: Beyond Alarm, Toward Action		
Chapter 2: Refusing to Abandon		
Chapter 3: Care is Fundamental		
Chapter 4: Think Like a Geographer		
Chapter 5: Rejecting Cynicism and Building Broader Movements		

BLACK TEA	HERBAL TEA	CALMING	GROUNDING	INVIGORATING	REFRESHING
					

A TEA PRACTICE ZINE

CHAPTER	TYPE	PROPERTIES
Chapter 6: "Violence" in Social Movements		
Chapter 7: Don't Pedestal Organizers		
Chapter 8: Hope and Grief Can Coexist		
Chapter 9: Organizing Isn't Matchmaking		
Chapter 10: Avoiding Burnout and Going the Distance		
Conclusion: Relationships, Reciprocity, and Struggle - Kelly Hayes		
Conclusion: Beyond Doom, toward Collective Action - Mariame Kaba		
Afterword: Movements Make Life - Harsha Walia		

BLACK TEA	HERBAL TEA	CALMING	GROUNDING	INVIGORATING	REFRESHING
					



FOREWORD – RADICALIZATION IS VITAL – MAYA SCHENWAR



The work of changing the world requires all of us, including you.

Visualize the roots that connect you to the earth, to your community, and to people around the world. What do these roots look like? What strengthens and nourishes these roots?

☪☪☪☪☪ **MARIAME RECOMMENDS** – Chamomile Vanilla and Manuka Honey (Pukka), with chamomile, fennel, licorice, vanilla, and manuka honey – “A soothing, naturally sweet herbal tea to help you relax and unwind from the day.”



INTRODUCTION – REMAKING THE WORLD – KELLY HAYES



We must hold on to and protect the movement stories and histories that are important to us.

Reflect on the many people that have contributed to the global movement for collective liberation. What inspires you about their stories? How do you feel in your body when you think about what is possible today?

☪☪☪☪☪ **MARIAME RECOMMENDS** – Chocolaté Roasted Herbal Tea (Teccino) with roasted carob, barley, chicory, ramón seeds, cocoa, and chile – “I consider this dessert. I add milk and sweeten to taste. It’s delicious and improves digestion.”



INTRODUCTION – WE CAN ONLY SURVIVE TOGETHER – MARIAME KABA



Organizing requires courage, resilience, and collective action together with others.

What does it feel like to be resilient? When you visualize resilience, does it have a color, a texture, or a fragrance? How can cultivating resilience help you to organize together with other people?

☪☪☪☪☪ **MARIAME RECOMMENDS** – Double Bergamot Earl Grey (Stash) black tea and bergamot – “Earl Grey with a kick.”



CHAPTER I – BEYOND ALARM, TOWARD ACTION



Storytelling, organizing, and relationships are powerful antidotes to fear.

What does it mean to “belong” to a community? What does belonging feel like? What helps you feel like you belong? How can you invite others into movements and communities that you are a part of?

☪☪☪☪☪ **MARIAME RECOMMENDS** – Vanilla Tranquility (Ahmad Tea) with black tea and vanilla – “I love this tea. It’s my go to.”



CHAPTER 2 – REFUSING TO ABANDON



We must build strong relationships, and refuse to abandon our people.

Who are some of the people in your life who refuse to abandon you – even when you make mistakes? How can you extend gratitude to them?

☕☕☕☕☕ MARIAME RECOMMENDS – Moroccan Mint (Stash) with green tea, spearmint, lemongrass, and peppermint – *“This blend of green tea and mints has a hint of lemon. It is fragrant and refreshing. You can drink it hot or cold.”*



CHAPTER 3 – CARE IS FUNDAMENTAL



Practicing intentional care and mutual aid helps us build solidarity and tools for survival.

How have you extended care to others? What does it feel like to care for others? How can you deepen your practice of care – for others and for yourself – to make it a daily ritual?

☕☕☕☕☕ MARIAME RECOMMENDS – Rose Black (Art of Tea) with black tea and rose – *“This smells floral and feels soothing.”*



CHAPTER 4 – THINK LIKE A GEOGRAPHER



Thinking of freedom as a place can help us dismantle harmful systems.

Take a few breaths and visualize freedom as a place. What does it feel like to be free? What exists all around you? Who is there along with you?

☕☕☕☕☕ MARIAME RECOMMENDS – Sweet Cinnamon (Vadham) with assam black tea, cinnamon, and cardamom – *“This has a malty and sweet taste. It is pure joy.”*



CHAPTER 5 – REJECTING CYNICISM AND BUILDING BROADER MOVEMENTS



Connecting to our ancestors can protect us from cynicism and help us build stronger movements.

Who are your ancestors? What do you know about them? Were any of your ancestors organizers? What are some practices that can help you honor and remember your ancestors?

☕☕☕☕☕ MARIAME RECOMMENDS – Revitalize (Pukka) with cinnamon, orange, elderflower, cardamom, licorice, ginger, sencha green tea, spearmint, clove, and black peppercorn – *“This tea smells so good and is very invigorating.”*



CHAPTER 6 – "VIOLENCE" IN SOCIAL MOVEMENTS



We must protect the people we love and resist the state's definition of violence.

How do you like to show love to the people you care about? What does it feel like to offer care to others? What would help you develop your ability to care and support others who are targeted by state violence?

🍃🍃🍃🍃🍃 **MARIAME RECOMMENDS** – Mango Magic (Ahmad Tea) with black tea and mango – "I like to drink this cold on hot summer days."



CHAPTER 7 – DON'T PEDESTAL ORGANIZERS



Individualism does not serve our movements, and we should instead focus on reflection, protection, and political communion with others.

Visualize a strong web of protection surrounding you and the people in your community who are organizing to transform the world. What does this web look like? What does it include? What does it protect people from? What would help this web expand and grow stronger?

🍃🍃🍃🍃🍃 **MARIAME RECOMMENDS** – Breakfast in Paris (Stash) with black teas, lavender, bergamot, and vanilla – "Great blend of rich black teas, you can smell the lavender and bergamot. Imagine yourself hanging out in a Paris cafe."



CHAPTER 8 – HOPE AND GRIEF CAN COEXIST



Loving practices of grief and hope within our movements can serve as acts of resistance.

Visualize the next seven generations of organizers that will follow you. What will they need to thrive? What loving offerings can you make to them?

🍃🍃🍃🍃🍃 **MARIAME RECOMMENDS** – Good Hope Vanilla (The Republic of Tea) with rooibos and vanilla – "Rooibos is indigenous to the cape region of South Africa and is naturally caffeine-free. This is sweet and you can drink it all day."



CHAPTER 9 – ORGANIZING ISN'T MATCHMAKING



In order to create strong movements, we must organize with people who are different from us.

Reflect on one of your most cherished relationships with another person. How does this person make you feel? How are you different from them? What have you learned from them? How can this relationship help you connect with other people who are different from you?

🍃🍃🍃🍃🍃 **MARIAME RECOMMENDS** – Apple Cinnamon (Zest) with South Indian black tea, cinnamon, and apple – "This really tastes like apple pie but it will keep you awake."



CHAPTER 10 – AVOIDING BURNOUT AND GOING THE DISTANCE



Caring for ourself and each other's health and well-being is necessary to prevent burnout.

What season of organizing are you currently in? What does it feel like to be in this season? Consider the textures, flavors, fragrances, and recent moments. How can you nourish and care for yourself during this season?

☪☪☪☪☪ Mariame Recommends - Rest (Clover Botanicals) with chamomile, lavender, rosehips, valerian, and ashwagandha - "Super soothing and helps you to relax."



CONCLUSION – RELATIONSHIPS, RECIPROCITY, AND STRUGGLE – KELLY HAYES



Connection and political communion with others is our best hope for transformation and change.

What does joy feel like? When have you experienced joy from connection with others? How can cultivating more joy help you continue working for collective liberation?

☪☪☪☪☪ MARIAME RECOMMENDS - Lemon Cake (Red Rose) with apple, rose, lemon, and orange - "This is so delightful and decadent. Enjoy it."



CONCLUSION – BEYOND DOOM, TOWARD COLLECTIVE ACTION – MARIAME KABA



Collective action and radical imagination will help us build the world we want.

What are some of the ways that you have taken action in an effort to transform the world? What did it feel like in your body when taking part in those actions? How can you ground yourself in the moment to prepare for action?

☪☪☪☪☪ MARIAME RECOMMENDS - Chocolate Mint Oolong (Stash) with wuyi oolong tea, peppermint, chocolate, and cocoa - "I love how subtle the chocolate and mint are in this tea."



AFTERWORD – MOVEMENTS MAKE LIFE – HARSHA WALIA



Organizer and author Harsha Walia distills the book into her takeaways, clarifying how movements create and affirm life.

What are some of your gifts? Consider your skills, talents, relationships, abilities, and the communities you are a part of. Visualize sharing these many gifts with the movements you believe in. How could the world transform with your contributions?

☪☪☪☪☪ MARIAME RECOMMENDS - Rosehip, Hibiscus & Cherry (Ahmad Tea) with rose, hibiscus, and cherry - "So delicious. Great for an afternoon snack."



*This zine was created by
Mariame Kaba and Rachael Zafer.*

