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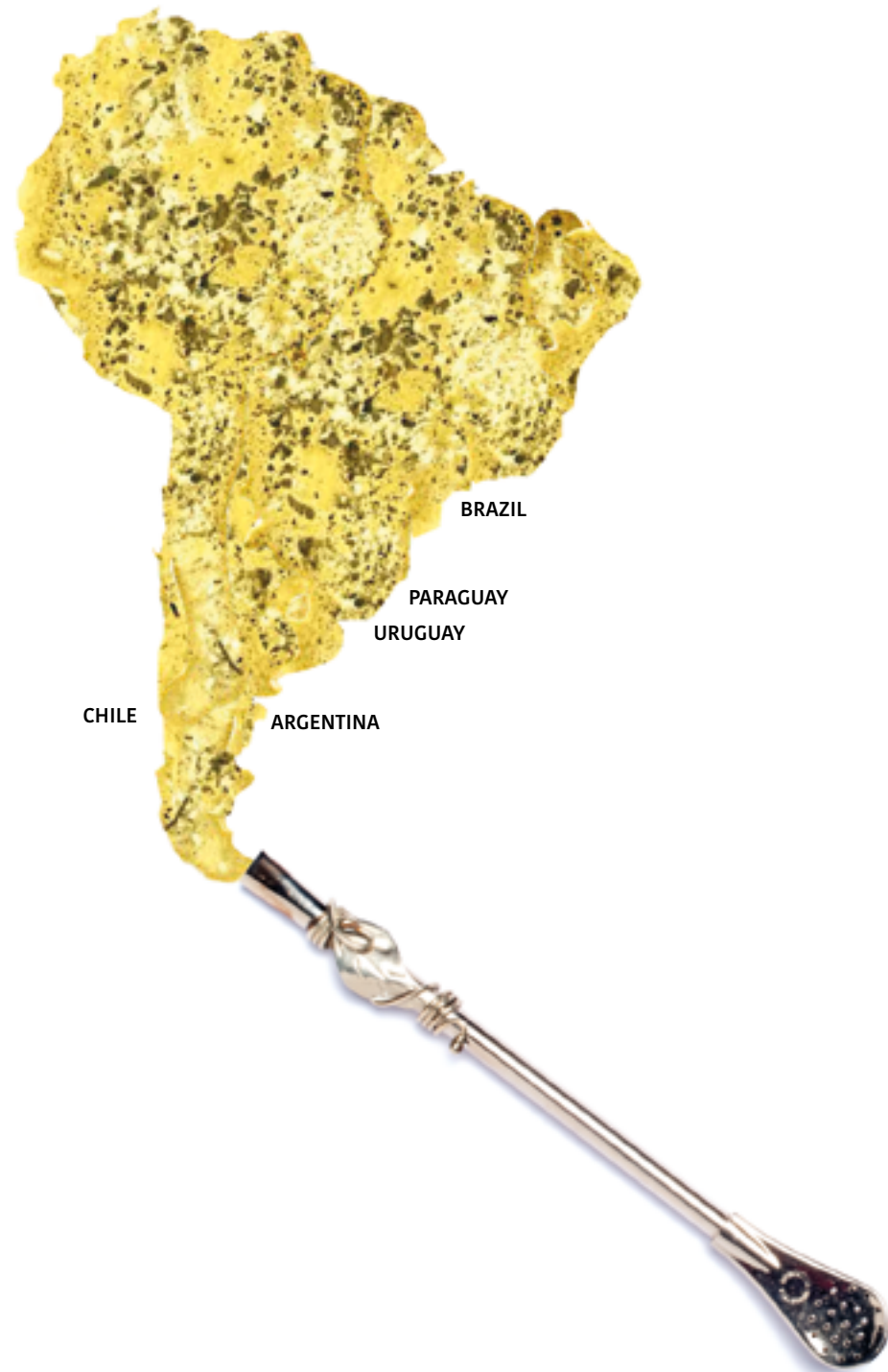
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MATE
History

THE STORY OF YERBA MATE

When the italian adventurer and explorer Sebastian Cabot sailed up the Paraná river in 1526, he believed that at the fountainhead of its brutal waters he would find “El Dorado”, the fabled land of silver and gold that drove the ambitions of early European explorers. Cabot was certain the inexhaustible cache of precious metals would transform all of the lands down river (in the area now occupied by Paraguay and North Argentina) into the richest and most powerful region in South America. He was wrong. But in the area Cabot pioneered, Mother Nature hid a treasure, not aureate, but green in color, which would both reward those lands with commerce and burden them with a history of human tragedy no less appalling than that caused elsewhere by the discovery of gold. The verdant gift concealed in her bosom was a stout evergreen of the holly family known to the aborigines as Caa, but eventually christened by the Spaniards: yerba mate (Ilex Paraguariensis).

The Spaniards were disillusioned by their failure to find precious metals, and exhausted from the travails of jungle survival. A small break-off group decided to settle along the Paraná River, in an area where they found abundant food and friendly reception among the Guaraní Indians. These hospitable Native Americans were well-built, vigorous, and healthy. They seemed gifted with good character and abounding joy. Naturally the Spaniards wanted to know why. The secret, they were told, was to drink an infusion of dried leaves from the Caa bush, a gift from the spirit Tupá.

Informed about its virtues and magical origins the confirmed the indisputable effect it had on their physical welfare. The surprising renewal of body and spirit brought by the native decoction but not only restored their health

but inflamed their commercial instincts. Two centuries later, the Argentine gauchos of the great Pampean plains and the effete oligarchs of Buenos Aires would share the daily habit with Paraguayan, Uruguayan, Brazilian, Chilean, and Peruvian.

A letter written in 1628 by the Jesuit priest Nicolás del Techo sheds light on the health benefits being touted centuries ago. “Too many virtues are attributed to the herb,” he complained. “It acts as a soporific at the same time as it stimulates; calms the appetite at the same time it aids digestion. It restores strength, brings happiness, and cures many diseases. All I see is that those who develop the habit can’t seem to get along without it.”

Considering its mythical origin and seemingly magical properties, the early Jesuits’ mistrust of this powerful Guaraní herb was understandable. They voiced opposition to its use, deeming it a “demonic” pagan beverage given to the “tribal witches” by Tupá – none other than Lucifer himself. They forbade its consumption in their territories and decreed the worst of all punishments for those who disobeyed, excommunication. This had a disastrous effect, because the use of mate had become so widespread that the church found itself confronting the possibility of losing almost all the faithful. In spite of the harsh decree, people continued sipping their favorite beverage. To make matters worse, a Dominican priest branded the herb an aphrodisiac. Contrary to his intentions, this caused the use of mate to spread like Viagra, until it reached a level of nearly 345 kilos per person every day! This explosion in popularity marked, unfortunately, the beginning of a sad chapter in mate’s history. As consumption spread throughout South America,

a mate gold-fever resulted in the virtual enslavement of thousands of Guaraní Indians, exploited by Spanish encomenderos (contractors) in the most brutal fashion. The Guaraní were forced to open paths through the rainforest with machete blows from the Paraguayan capital of Asunción to the heart of the mate groves in Guairá Marazón, Iraí, and Alto Uruguay. These paths were watered by the sweat and blood of thousands of aborigines, and paved with their bones. In the chronicals of New World exploitation no single industry brutalized its labor force more than those first encomenderos of yerba mate. For their part, the Jesuits by now had realized the failure of their attempts to discourage mate, and began to embrace it instead. They sanitized its pagan origin by substituting Santo Tomé (Saint Thomas) for Tupá in the myth of its inception, and became so closely associated with the drink that many still know the plant as yerba missionera, the missionary herb. Happily, their change of heart helped attenuate, somewhat, the plight of the Guaraní.

Dr. Myrtha Elba Ruiz de Pagés and Fernando Pagés
(The Herb Quarterly, Summer 1999)



Guaraní Legend of Yerba Mate

There is an old Guaraní Native American legend that relates the origins of the Guaraní in the Forests of Paraguay and North Argentina. According to the legend, the ancestors of the Guaraní at one time in the distant past crossed a great and spacious ocean from a far land to settle in the Americas. They found the land both wonderful yet full of dangers; through diligence and effort they subdued the land and inaugurated a new civilization.

The Guaraní tribes worked the land and became excellent craftsmen. They looked forward to the coming of a tall, fair-skinned, blue eyed, bearded God (Pa' i Shume) who, according to legend, descended from the skies and expressed his pleasure with the Guaraní. He brought religious knowledge and imparted to them certain agricultural practices to be of benefit during times of drought and pestilence as well as on a day-to-day basis. Significantly, he unlocked the secrets of health and medicine and revealed the healing qualities of native plants. One of the most important of these secrets was how to harvest and prepare the leaves of the Yerba Mate tree. The Mate beverage was meant to ensure health, vitality and longevity.

It was like this: the tribe would clear part of the forest, plant manioc and corn, but after four or five years the soil would be worn out and the tribe had to move on. Tired of such moving, an old Indian refused to go on and preferred to stay where he was. The youngest of his daughters, beautiful Jary, had her heart split: to go on with the tribe's youths, or remain isolated, helping the old man until death would take him to Ivy-Marae's peace. Despite her kin and friends' pleas, she ended up staying with her father. This love gesture deserved a prize. One night, a stranger visited them and asked for food and shelter. The old father and his daughter generously gave away the food they had left. Surprised by such hospitality, the visitor, who actually was Tupa, the Guaranis' supreme god, asked Jary what she wanted in order to feel happy. The girl did not ask anything, but her father, asked: "I

want new forces to go on and take Jary to the tribe that went away". Tupa offered them a very green plant, perfumed with kindness, and told them to plant it, pick the leaves, dry them on fire, grind them, put the pieces in a gourd, add cold or hot water and sip the infusion. So, they will never be thirsty again and always remain healthy. He also told them to share the beverage with the others from the tribe. "In this new beverage, you will find an healthy company, even in the sad hours of the cruelest solitude." After saying that, he went away.

Sipping the green sap, the old man recovered, gained new strengths and was able to resume their long journey toward meeting their kinsmen. They were received with the greatest joy. The whole tribe adopted the habit of drinking the green herb, bitter and sweet, which gave strength and courage and would comfort friendship at the sad hours of utmost solitude.

Thus was born and grew the "caá-mini" which white people would later adopt under the name of Yerba Mate in Argentina, Uruguay and Paraguay or Chimarrão in Brazil. Mate has been synonymous of health, endurance and sharing since then.

The Gauchos

Flash forward a few hundred years, the Gauchos (South American “cowboys”) consumed Yerba Mate with the same dedication as the Guaraní. To them, Yerba Mate was a staple and their “liquid vegetable”: which allows them to travel or work with sustained energy throughout the day.

“...the Gaucho, possessing few wants and poor in the midst of inexhaustible riches, is the child of unconcern; with food or without, with shelter or not, a paper cigar, a little mate, one meal a day of meat cooked in the open air without bread or vegetables, and his guitar at night, and he rests content; but if you add a Sunday suit of clothes with silver mounted trappings for his horse, his pride and delight are unbounded, and as he curvets over the plain, having attained the summit of his ambition, no more a vivid picture of human self-satisfaction could be present.

Ernest William White (1881)

The Mate Ceremony

“When people gather to drink mate something magical happens. It is a simple, daily custom and yet it has all the characteristics of a ceremony. Like any ceremony it has rites which are carefully performed in the same way, day after day. It is a moment of leisure with friends and family. In the country, the gauchos sit together around the fogón (the campfire), sipping their mate after a long day’s work. Tiredness breeds silence and silently the mate gourd circles from hand to hand. And then, slowly, conversation starts, people come closer together, confidences are exchanged. The mate ceremony resembles the

American rite of the calumet, the pipe of peace. There too, the pipe goes from hand to hand, completing the circle, offering hospitality and goodwill. Mate is drunk by everybody: it is a drunk by the trucker and his companion in the loneliness of the long, never-ending routes (they use a vessel with a wide mouth into which it is easy to pour the hot water in spite of the jolts along the track); by students, when studying; by workers during their midday rest; at home for breakfast or on any other occasion, rain or shine, in summer or in winter.”

Excerpt from “The Mate” by Mónica G. Hoss de le Comte



The Origin of the Gourd

The icon for Yerba Mate is the unique gourd from which it is consumed and shared, the Mate Gourd. “Yerba” means herb. “Mate” is derived from the quichua word, “matí,” which is the name of the gourd (Lagenaria vulgaris) traditionally used to drink yerba mate. So, literally, yerba mate means “herb cup”. For centuries people have sipped Yerba Mate using a gourd and bombilla, a filter like straw. It is believed that drinking yerba mate from the gourd is a joyful way to receive the healthful and invigorating properties of Yerba Mate. The mate gourd is offered as a symbol of hospitality and is peacefully passed from hand to hand around a circle of friends while ideas are shared, stories are told, and where a sense of community is created in the infinity of the finite moment.

Health Benefits of Yerba Mate

The Pasteur Institute and the Paris Scientific society in 1964 were interested in this healthy source of vitamins and did a thorough study of its properties. The investigators concluded “it is difficult to find a plant in any area of the world equal to mate in nutritional value” and that yerba mate contains “practically all of the vitamins necessary to sustain life.” In addition, results from a study done by researchers at the University of Madrid assert a high content of mineral elements, especially K, Mg, and Mn, in mate. They considered those findings “to be of great relevance” to the nutritional value of mate infusions.



Yerba Mate is more nutritious than green tea. It has been used as a base for herbal medicines in South America for centuries, and the plant’s benefits and therapeutic properties have recently been verified by a number of scientific studies. It is a natural anti-oxidant, containing some eleven types of polyphenols, a chemical found in plants. As a result, Yerba Mate, exhibits rejuvenating properties by preventing cells’ ageing, protecting effects on the liver and the heart as well as anti-cancer effects by strengthening natural defences and protecting it against cellular destruction.

Of the six commonly used stimulants in the world: Yerba Mate, coffee, tea, kola nut, cocoa and guarana, Yerba Mate triumphs as the most balanced, delivering both energy and nutrition. It contains:

- Vitamins: A, C, E, B1, B2, Niacin (B3), B5, B Complex
- Minerals: Calcium, Manganese, Iron, Selenium, Potassium, Magnesium, Phosphorus, Zinc
- Additional Compounds: Carotene, Fatty Acids, Chlorophyll, Flavonols, Polyphenols, Inositol, Trace Minerals, Antioxidants, Tannins, Pantothenic Acid and 15 more Amino Acids.
- Theophylline, theobromine, and caffeine.

Good for the body, for the soul and even for the social life, Mate is an ancestral tradition which has endured across time and cultures.



Vocabulary of Serving Mate

Traditionally, the herbal tea has to be shared in the “Ronda de Mate”. The drinkers sit down in a circle and pass the mate gourd around so that everyone can taste it one after the other. One of them, the “cebador”, is in charge of serving. To prepare a good Mate, he will fill the gourd up to one-half to three quarters with yerba, add a little hot water to help place the bombilla and then add remaining hot water to fill the gourd. Afterwards, the “cebador” will taste the first brew before passing it around. The gourd will be filled up with water and emptied again until the yerba is washed out (lavado) and loses its flavour. Yerba mate is the national drink of Agentina, Paraguay, Uruguay and Southern Brazil where it is consumed 6 to 1 over coffee. In Argentina, over 90% of the people drink yerba mate with a gourd and bombilla. It is a daily inseparable companion of people and the official breakfast drink in the workplace, Hospitals, Schools, etc. There are a few kinds of mate preparation:

- Mate Amargo: Bitter Mate
- Mate verde (green) or Mate cimarrón: Yerba mate without sugar
- Mate Tereré: Bitter mate brewed with cold water or juice.
- Mate Dulce (Sweet): Yerba mate prepared with sugar
- Mate Cocido (cooked) or Yerbeao: Yerba mate prepared like tea
- Mate de Fruta: Yerba mate with ripped fruits
- Mate de Hierbas: Yerba mate mixed with aromatics herbs

According to the way or the ingredients used to brew the Mate, it is a great communicator of moods or brewer’s desires:

- Unsweetened mate: Indifference
- Sweet mate: Friendship
- Very sweet mate: Talk to my parents
- Cold mate: Despise
- Mate with balm: Disgust
- Mate with cinamon: You are in my thoughts
- Mate with burnt sugar: I like you
- Mate with orange peel: Come for me
- Mate with tea: Indifference
- Mate with coffee: Forgiven offense
- Mate with molasses: I sympathize with your sadness
- Mate with milk: Esteem
- Very hot mate: I’m so in love with you
- Boiling mate: Hate
- Tasteless mate: Repulse
- Mate with cedrón: Agreement
- Mate with honey: Marriage
- Obstructed mate: Repulse
- Foaming mate: True love
- Consecutive mates: I will
- Mate brewed through the bombilla: Dislike

ABC of Drinking Mate

Drinking Mate is a way of communicating, transmitting ideas, demonstrating and teaching values. It is the acceptance of saying: “yes” in front of the generosity of someone reaching you a mate. It is the small talk and the deep conversation. It is the friendship made moment. It is the solidarity of serving a mate to the next. It is the kindness of saying: “Thank you”. It is the sensibility of feeling emphaty for the other. It is the respect of listening while the other is talkig. It is the intimacy of sharing the same bombilla. It is the sincerity of saying: Stop, the mate is washed out, change the yerba!



- | | |
|---------------|---------------------------|
| A: ACCEPTANCE | N: NEATNESS |
| B: BOLDNESS | O: OPENNESS |
| C: COMPANY | P: PATIENCE |
| D: DEPTH | Q: QUIETNESS |
| E: EMPATHY | R: RESPECT |
| F: FRIENDSHIP | S: SINCERITY |
| G: GENEROSITY | T: TRUST |
| H: HONESTY | U: UNITY |
| I: INTIMACY | V: VOLUNTEERING |
| J: JOY | W: WILLINGNESS |
| K: KINDNESS | X: XOXO (HUGS AND KISSES) |
| L: LOVE | Y: YEAR AROUND |
| M: MODESTY | Z: ZEST FOR LIFE |



BOMBILLAS for Mate

TYPES OF BOMBILLAS

The Guaraní Tribe of Paraná, in South America, originally used hollow twigs and grasses as mate filters. In time, these antiquated bombillas evolved into precious metals and steels, creating a bombilla for the modern “matero”, or yerba mate enthusiasts.

There are many types of mate bombillas. Some are shaped like spoons, with dozens of small holes as filters; others have more sophisticated mechanisms, with multiple layers of filters, such as the double action bombilla.

Without the bombilla, there’s no drinking mate. It’s an essential tool when drinking yerba traditionally out of a Mate (gourd). With bombilla styles, you have a few options: fanned, coiled, spoon, chambered, double-action, pick, and bamboo or wooden. Most bombillas nowadays have some degree of curvature, as to prevent the drinker from having to lower his head unnecessarily and uncomfortably when taking a sip of the holy herb. When the Italian immigrant Annio Silvio Pizzoni came to live in Buenos Aires after World War I, he started working as a taxi driver and Mate was his companion during the long journey. One day, observing the straight line of the bombillas in use, decided to make a curved bombilla which became a conversation piece of his clients upon seeing him use it to drink. Later, he would begin manufacturing them and so began the invention, or at least one invention story, of the curved bombilla we see today.



Bombillas
Material: Stainless Steel, Silver, Gold
Bought: Argentina, Paraguay, Chile

ACCEPTANCE

Fanned Bombilla

The fanned bombillas, with a spade-like head with small horizontal slivers as filters, have more resistance. It helps to appreciate the taste more, as less mate enters the mouth. It’s like smoking a perfect cigar with the right amount of tension; if it permits too much smoke, it’s overwhelming. One of the best things about the fanned bombilla is that permits a better maneuver the yerba in the gourd when it needs to be repositioned for whatever reason — it’s become “tapado”, clogged, or you need to fix the angle. It’s also better for scraping out the yerba when doing next round of mates. The fan like shape of the bombilla acts like a shovel’s head and enables scooping out the yerba which is not possible with the circular, coiled bombilla.

Coiled Bombilla

The coiled bombilla is the most simple functioning bombilla in history. It’s simply a coil that’s tightly rung together to act as a filter; the liquid enters through the fine slivers between the coils and the yerba is kept out. These bombillas are usually stainless steel, not made of the superior alpaca. A problem with some of them is the cap, on the bottom of the coil. It is usually made from non-stainless steel and tends to rust or deteriorate in time with corrosion. In the moment of buying one coiled bombilla the best option is 100% stainless steel.

Spoon Bombilla

The spoon bombilla is for someone that drinks mostly Gaucho mate, the spoon bombilla is indispensable. This bombilla, taking on a spoon-like filter, is perforated with pin-sized holes dotted around the flat head of the spoon. It’s the perfect bombilla to scoop under the thicker, more spongy Gaucho yerbas that tend to cake-up inside the mate. These bombillas are common in Uruguay and Argentina. Many spoon bombillas are flattened-out inside of retaining a roundness. This flat bombillas are easier to sip and sit better on the lips and they allow a more natural flowing.

Double Action Bombilla

This is an interesting double-take on the coiled and spoon bombilla. The bombilla has several holes at the end, which are covered with a spring that acts as a second filtered layer; that spring is affixed to the end of the bombilla with an adjustable wing-like wrapper that pins the isolated spring over the holes beneath. This bombilla is more typical of Argentina; though, in Uruguay, you’re more likely to see a different version of this bombilla where the entire filter mechanism is fused together as opposed to moveable parts.

Chambered Bombilla

This is a sort of awkward bombilla, with a tea-ball-like chamber encased inside a latch that swings open like a door at the end of the bombilla. The chamber is placed inside of the enclosure then the door is swung back down and the entire filter is locked into place with a small metal ring that wraps around the enclosures handle, firmly securing the filter to the bombilla. Apart from the cumbersome nature of this bombilla, the chamber tends to rattle as you sip the yerba, which makes for an annoying vibration on your lips as you drink. Some materos loves this bombilla. The movable parts could bring complications with the delivery of water, making it difficult to sip. The yerba; simplicity is sacrificed here for an overly-mechanized and clumsy design which may look cool, but doesn’t quite work so well.

Pick Bombilla

The “pick”bombilla is shaped like one of those dental picks that the Dentist uses to work on your teeth during a cleaning. Usually made from alpaca, having an acute bend or “pick” as the filter, with several fine slivers across each side of the bombilla. The pick is especially good for scraping out the flesh of the calabash gourd during the curing, or ripening process. It’s also very handy for simply spooning-out your yerba when you’re changing out a cycle.



Bamboo Bombilla

Made from a thin and slightly bent bamboo cane, this bombilla is perhaps the most in accord with nature. They are usually used for drinking cold mate (tereré) and fairly inexpensive. The wooden bombillas are out-of-fashion for the modern mate drinker. Make your own bamboo bombilla by cutting a thin portion of a cane and boring some slits into the base to form a natural filter.

Stainless Steel Bombilla

This material is also fairly inexpensive and widely available. Stainless steel bombillas are the market standard. They don't rust and are resistible enough. It may sometimes also be mixed with other alloys, like bronze.

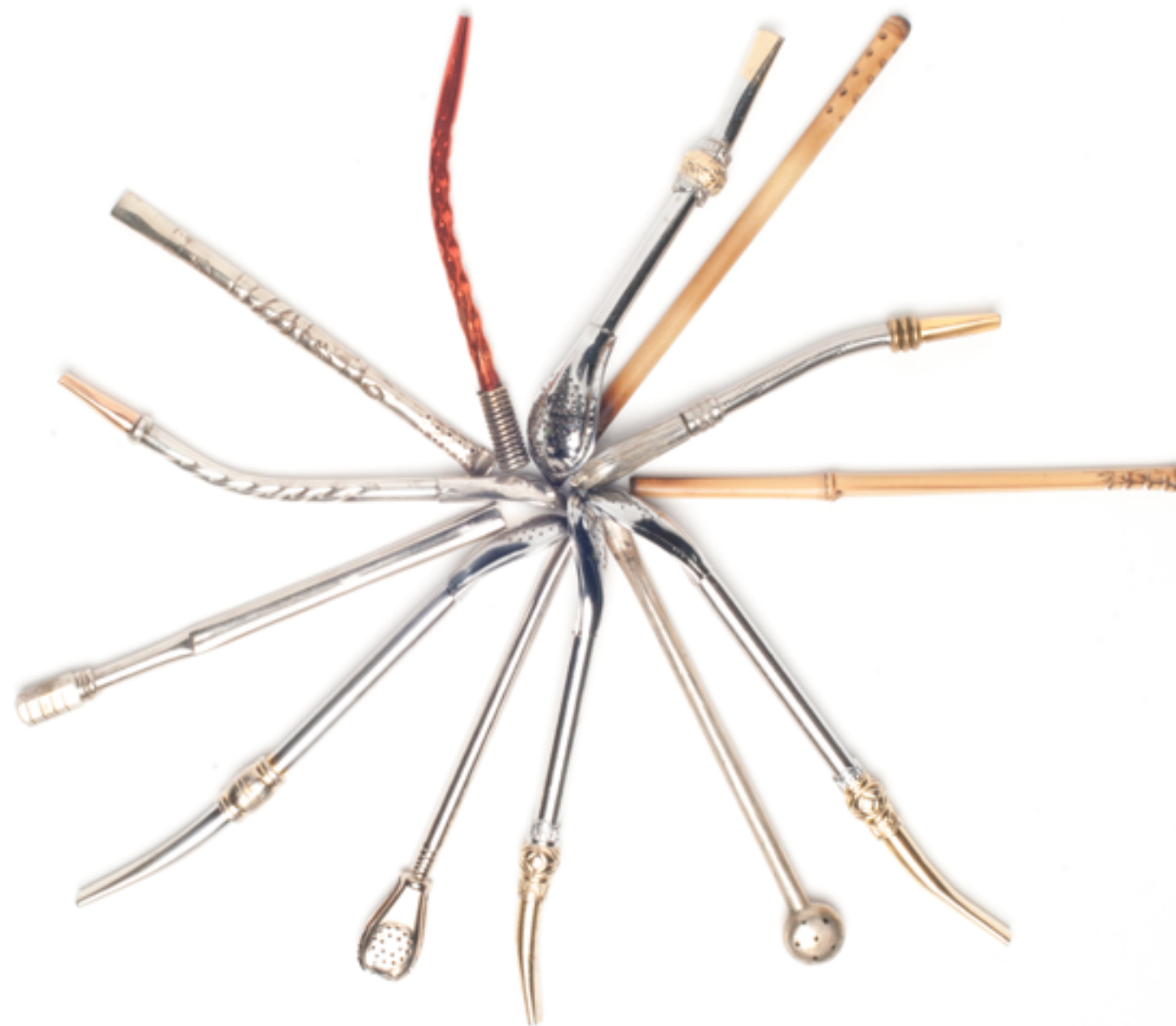
Nickel Bombilla

Nickel bombillas are pretty strong and fairly inexpensive. The only problem with nickel is that it tends to rub off with time. It is also known to cause allergy to some people.

Silver Bombilla

Silver is the material of preference when manufacturing luxury bombillas. It not only looks great, but is also extremely durable. Many silver bombillas are combined with gold in the mouthpiece region. In the past, it was believed that gold could kill germs while the hot water would flow inside the bombilla.











“All I have to do is to look at you to know that with you, I am going to soak my soul.”



MATES
SELECTION

COW HOOF MATE

The Guaraní people called the container used for drinking mate a Caaigúaa, while the Quechua people called it “Mati.” Mati ended up being the term adopted by the Spanish people to refer to both the cup and to the infusion prepared with yerba mate.

The first mate cup ever made was from the fruit of a climbing plant called Lagenaria vulgaris, which belongs to the native pumpkin family found within the yerba geographical region. The Guaraní also used it to make bottles, cups for grain storage, and even to wash clothes. To make a mate cup, a calabash gourd is dried and hollowed out, it possesses a very hard shell. The empty calabash is then “cured,” which is the conditioning of the calabash to prevent growth of mold or odors.

Mates range from simple, small, and unadorned gourds to elaborately carved cups complete with silver accents or leather coverings. Each region has different designs and decorations.

The handcrafted Cow Hoof Mate contains in its interior a calabash gourd, this is a classical Argentine style because is often associated with gaucho culture. The capacity of its interior is ideal for high amounts of yerba mate and water. It is the heaviest gourd, the strongest one and the unbrakeable.



Cow Hoof Mate
Material: Metal, Gourd and Cow Hoof
Bought: Argentina

BOLDNESS



POETRY & QUOTES

BY JULIO CORTAZAR

“ Nothing is lost if one has the courage to proclaim that all is lost and we must begin anew ”



Take a look inside yourself



I'm standing on my feet

I'm losing my hair...



My feet take me to new horizons,
my ideas take me to new galaxies and
my dreams take me to you

CALABASH MATE WITH METAL DECO

In the mid-seventeenth century, mate became a luxury item. It was introduced into the salons and slowly people began to apply silver or gold coatings to the calabashes. They need to be “cured”, process which involves cleaning and removing the skins from the inside of the gourd up to its mouth. In order to cure the gourd, first yerba mate is placed in the calabash, then warm water is poured over it and left to stand for one day. After discarding the used yerba, the insides are scraped out with a spoon to loosen any soft tissues. This operation must be repeated twice in order to clean the calabash gourd completely.

Mate gourds usually come in 3 distinct shapes: round , “neck” or cylindrical. They are usually very small and commonly used by solito drinkers. Due to their size, these gourds cannot hold enough Mate to be shared abundantly in a circle. Lately, the small style gourds have been very popular among young mate drinkers and newcomers to the world of yerba mate.

While the small round gourds can be a real stylish way to enjoy your Mate, traditional materos tend to prefer the larger “neck” gourds, which are also often passed around in mate circles. These larger gourds may present a flat bottom (allowing them to stand on their own) or a curved bottom, in which case a “tripod” is required to keep them standing.



Calabash Mate with metal deco
Material: Calabash, Alpaca, Silver, Gold
Bought: Argentina

COMPANY



POETRY & QUOTES

BY VIOLETA PARRA – Thanks to Life

“ Thanks to life, which has given me so much.
It gave me sound and the alphabet.
With them the words I think and declare:
“Mother,” “Friend,” “Brother” and light shining down on
The road of the soul of the one I’m loving.

Thanks to life, which has given me so much.
It gave me the march of my tired feet.
With them I have traversed cities and puddles
Valleys and deserts, mountains and plains.
And your house, your street and your patio.”



Thank you Life for you gave me so much. You gave me ears so that I can hear

and record the sounds day and night of crickets, canaries, factories, dogs barking,
the rain falling, and the sweet voice of my loved one.



With them I distinguish happiness from sorrow.



Thanks to life, which has given me so much.



It gave me laughter and it gave me tears.



Thanks to life, which has given me so much.



It gave me two stars for eyes.



CATTLE HORN MATE

The Cattle Horn Mate is made from animal horns, usually from cattle, but there are horns made of metal, wood or silver. A hard wood circle is used on the lower inside of the horn which has between 1,5 cm or 2,00 cm thickness. The woods used are carob, lignum or silk floss to prevent humidity and mold. The lower outside part is usually covered with alpaca. They can be highly decorated with metals or engraved.

If this mate is not used for some time, it needs to be watered before use. By filling it with water the wood expands, covering all leaks of the horn.

The Cattle Horn Mate is “cured” in the moment of hand crafting it by submerging the horn in boiled water and vinegar during 5 minutes. This procedure kills the possible bacteria, smells and is then ready to be used. The Cattle Horn Mate is not heavy, it has an unique texture and brightness. It suits good for every hand and every taste.

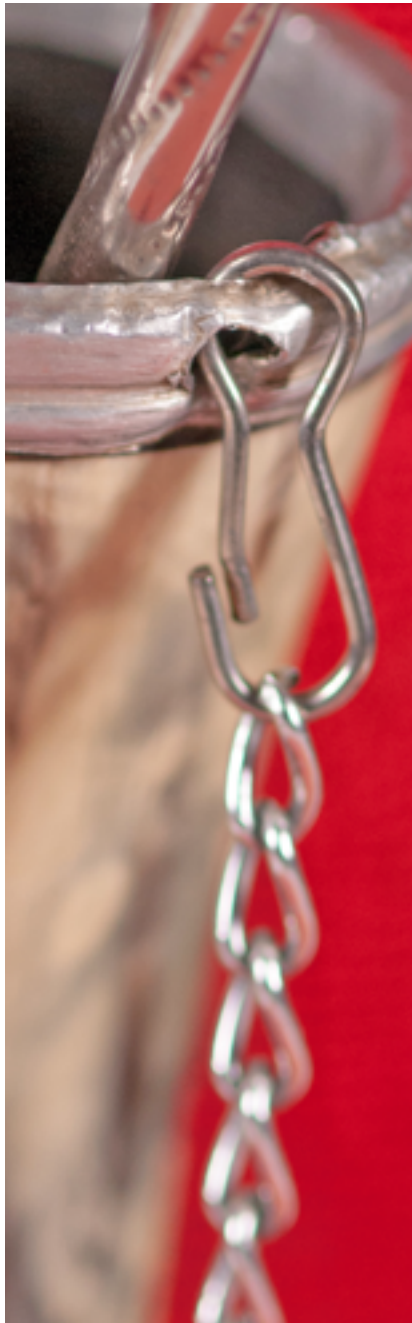


Cattle Horn Mate

Material: Cattle Horn, Alpaca, Wood

Bought: Chile, Paraguay

EMPATHY



POETRY & QUOTES

BY JORGE LUIS BORGES – You Learn

“After some time, you learn the subtle difference between holding a hand and imprisoning a soul. You learn that love does not equal going to bed, and that company does not equal security. And you begin to learn ... That kisses are not contracts and gifts are not promises. And you start to accept defeat with the head up high and opened eyes. And you learn ... to build all roads on today, because the terrain of tomorrow is too insecure for plans, and the futures ones have their own way of falling apart in half. And after a while you learn that if it’s too much even the warmth of the sun can burn. And you learn ... to plant your own garden and embellish your own soul, instead of waiting for someone to bring flowers to you. And you learn ... that you really can endure, that you are really strong, and you are really worthy, and you learn and learn ... And with every goodbye you learn ...”



And you learn that you really can endure ... That you really are strong and do really have worth ... And you learn and learn ...





“We went around without looking for each other,
but knowing we went around to find each other.”
JULIO CORTÁZAR



CALABASH “PORONGO” MATE

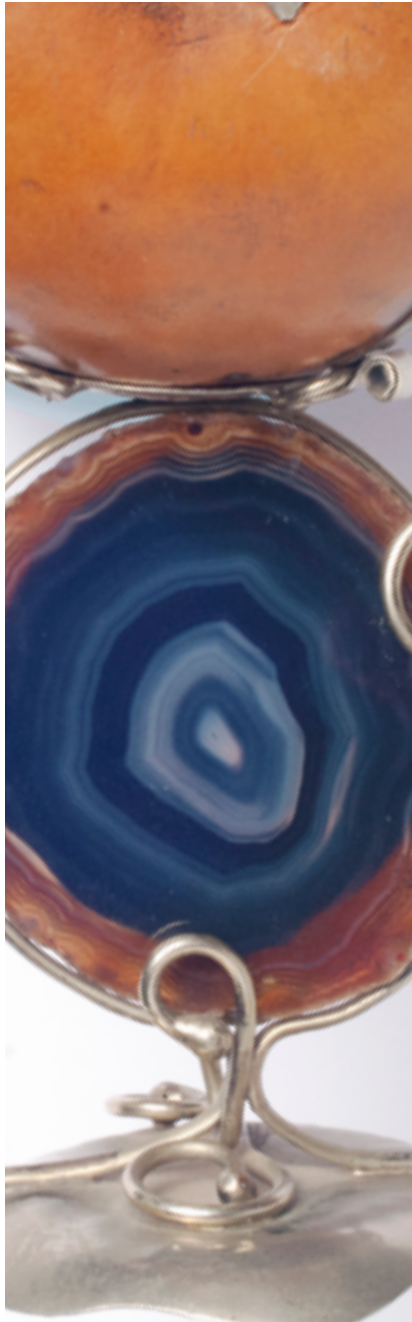
In the regions where the weather is warmer, the pouring water for serving mate is cold. The mate served with cold water is called “tereré” and can be mixed with ice and herbs, which can be medicinals or refreshing.

In northeastern Argentina and southwestern Brazil it is common to prepare “tereré” with citrus fruit juices like lime, orange and pineapple. The mixture of fruit juices is commonly called “tereré ruso” (Russian tereré) because this practice is more common with Slavic immigrants in the northeast of Argentina.

The ideal mate for “tereré” is the “Porongo” Mate made of big size Calabasch in very original shapes. They are decorated with coins and semi precious stones combining copper, aluminium and alpaca.



Calabash “Porongo” Mate
Material: Calabash, Copper, Coins
Bought: Chile,



POETRY & QUOTES

BY MARIO BENEDETTI – Tactic and Strategy

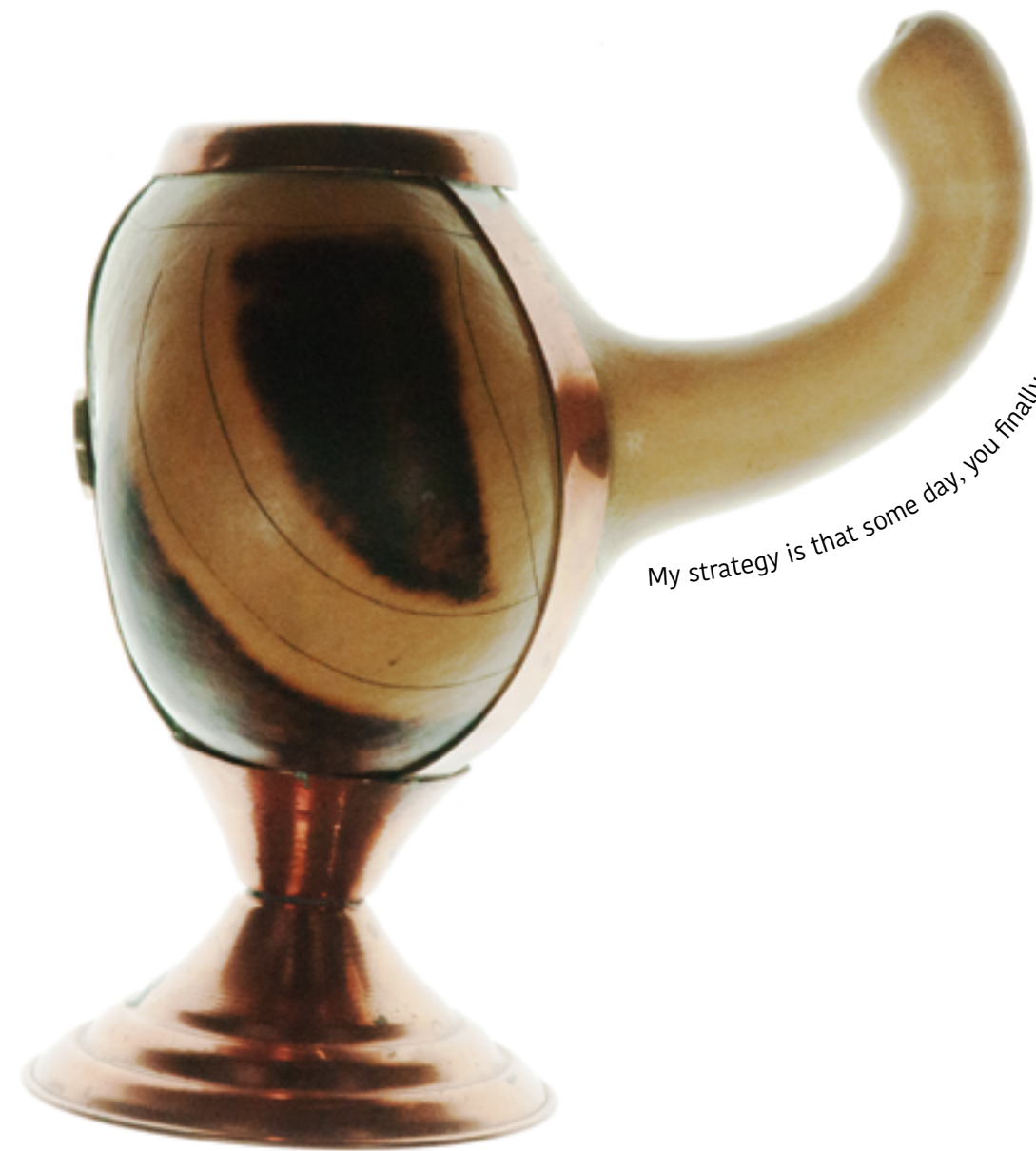
“ My tactic is to look at you
To learn how you are
Love you as you are
My tactic is to talk to you
And listen to you
And construct with words
An indestructible bridge
My tactic is to stay in your memory
I don't know how
Nor with what pretext
But stay within you
My tactic is to be honest
And know you are too
And that we don't sell each other illusions
So that between us there is no curtain or abyss
My strategy instead is
Deeper and simpler
My strategy is that some day
I don't know how, nor with what pretext
That finally you need me.”



My tactic is to talk to you and listen to you

and construct with words an indestructible bridge.





My strategy is that some day, you finally need me.

HAND PAINTED WOOD MATE

The organic nature of the calabash and wooden mates means that they will impart their own flavor. Curing them will soften its flavor by creating a yerba mate “taste memory”. By absorbing the hot water during the curing process, microscopic holes in the organic material are closed by the expansion process in the walls of the mate. This will also help to prevent cracking that can render your mate useless.

To personalize and beautify the wood mates, the artisan carves or paints monograms, crosses, fetishes, shields, symbols, legends, comic figures, and adds all sorts of political and love messages on them. The wood mate is the ideal platform to paint with enamel and coat it with varnish as a finishing step. Both layers function as a protection shield, taking away the feeling of roughness of wood and bringing back a new feeling of softness of wood on hands of mate enthusiast.



Hand Painted Wood Mate

Material: Wood, Enamel, Varnish, Cloth, Metal

Bought: Argentina

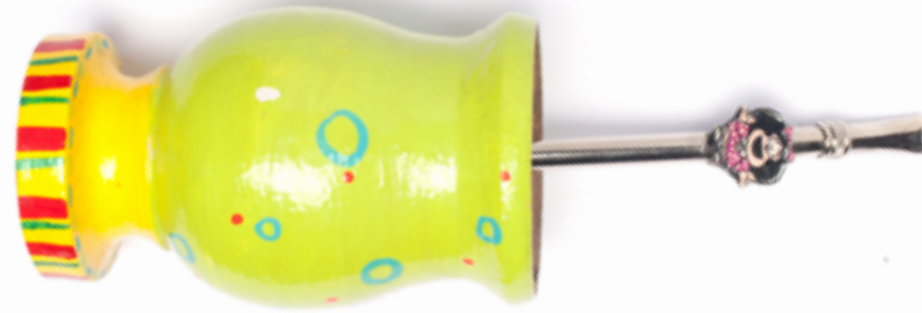


POETRY & QUOTES

BY JOSE HERNANDEZ – MARTIN FIERRO

“ ... My joy is to live as free
as the bird in the sky;
I make no nest on this earth
where there’s so much to suffer,
and no one’ll be able to follow me
once I’m ready to take off again.

In matters of love, I’ve
never had anybody complain;
like those beautiful birds
that hop from branch to branch,
I make my bed in the clover
and use the stars as cover ... ”



Stop the world, I want to get off



I rather cause problems while
saying the truth instead of
causing admiration saying lies



The problem with the closed minded ones is that they always have the mouth open



If you want to be happy, don't say everything you know, don't listen everything they say, don't believe everything you see...

METAL MATE

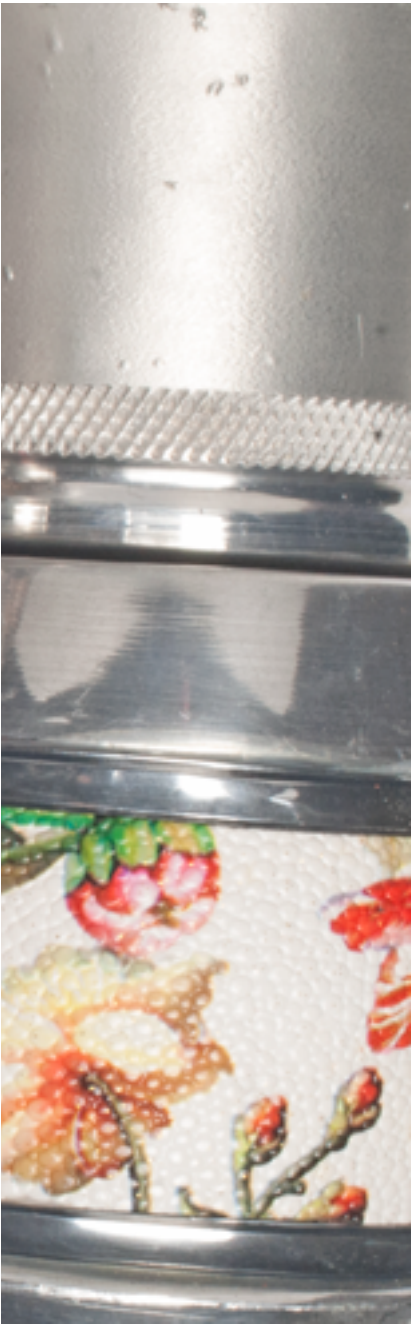
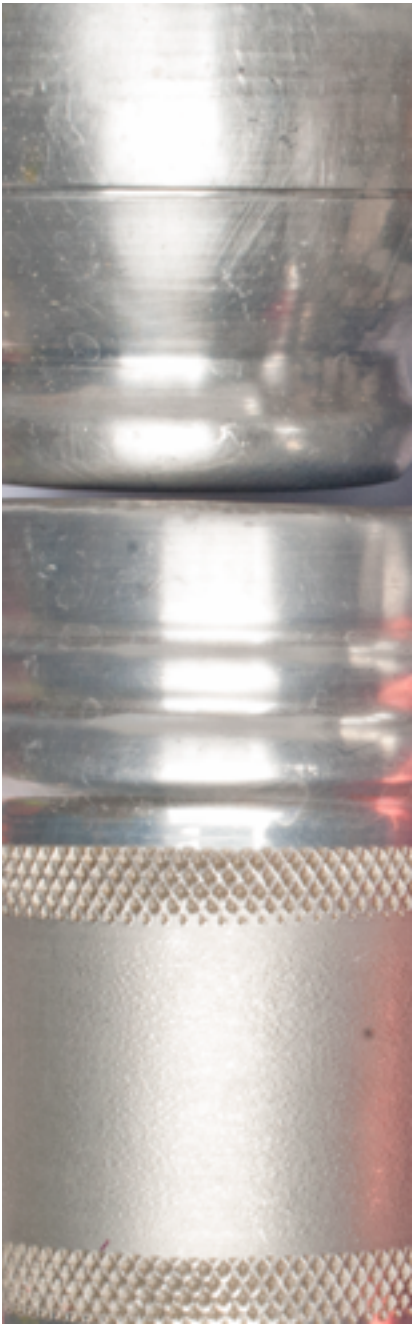
The metal mates are thermic, conserving in the interior the water warmth without transmitting to the outside. They are usually plain or with few engraved decorations. They can be combined with original motifs of leather.

In the 1990s came out in the market the metallic mates, which are made of aluminium and satineted with a wide palette of vibrant colours to get rid of the boring metal color.

Nowadays there is a huge variety of Metal Mates, it ranges from stainless steel, metallic and aluminium. They are incurable and a simple washing make them ready for use.



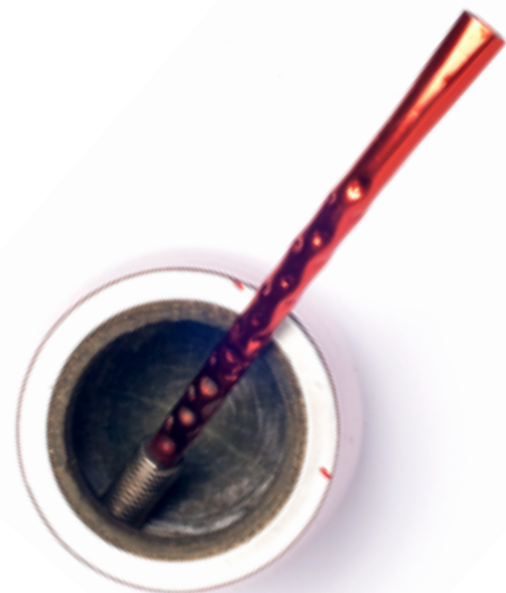
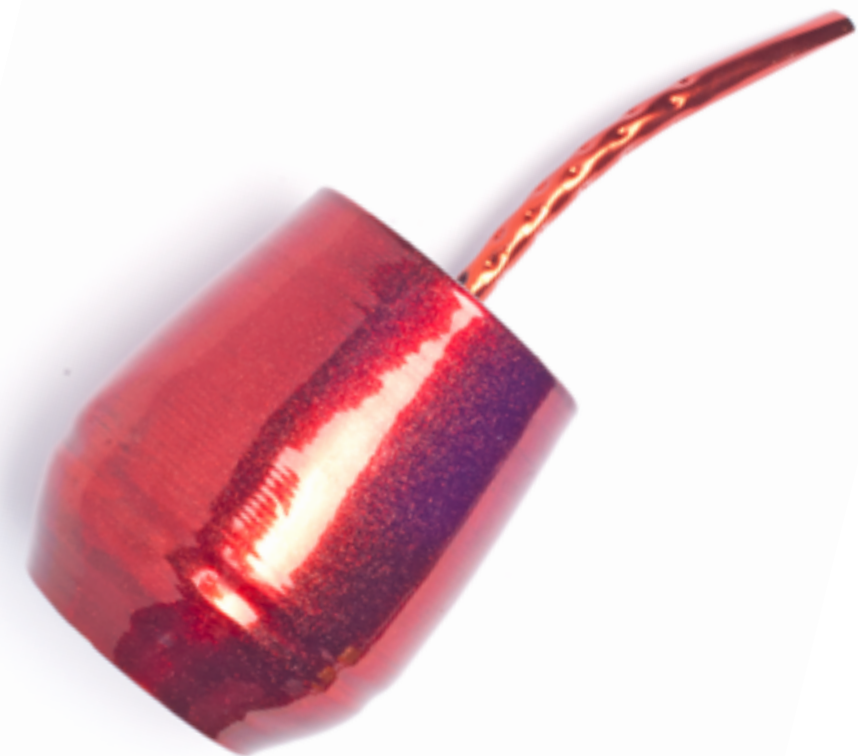
Metal Mate
Material: Stainless Steel, Leather
Bought: Argentina, Paraguay, Chile



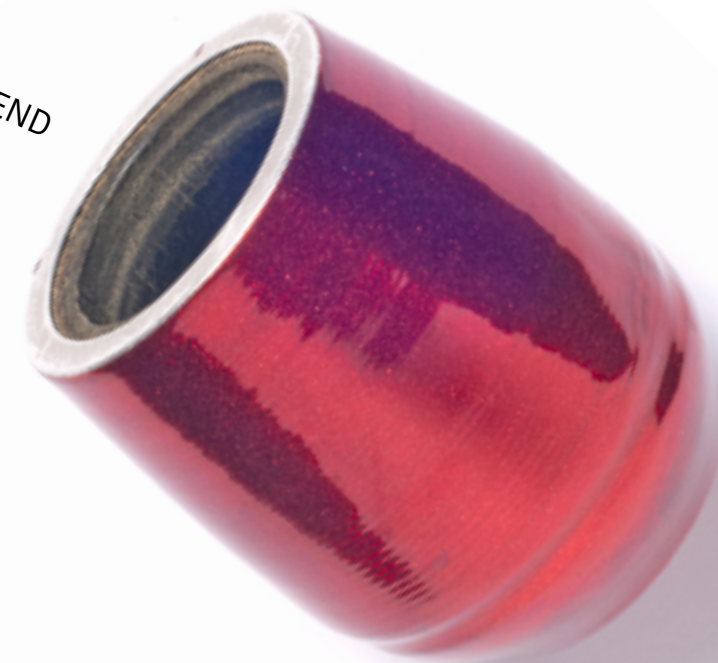
POETRY & QUOTES

BY PABLO NERUDA

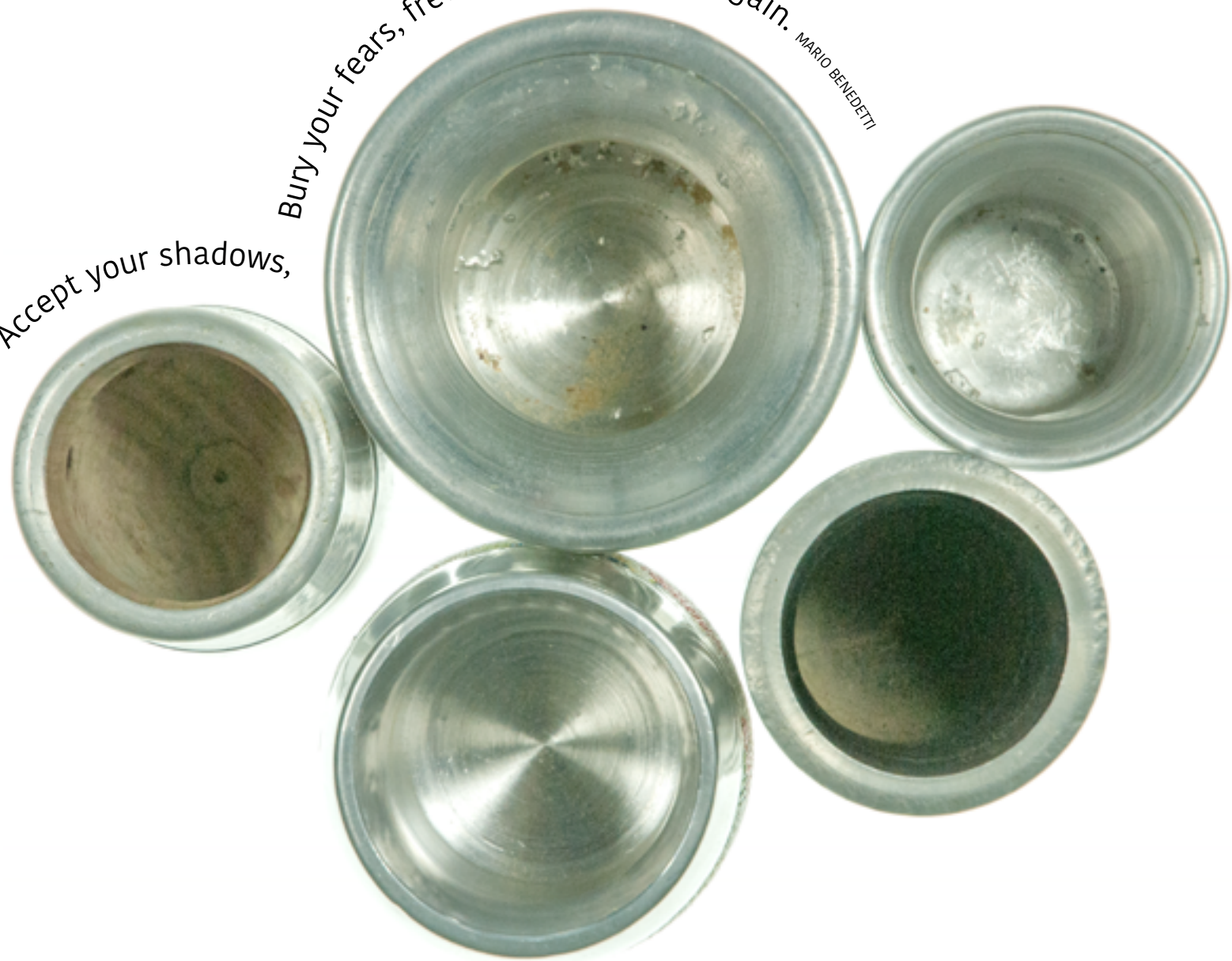
“ Everything carries
me to you,
as if everything
that exist,
aromas, light, metals,
were little boats
that sail toward
those isles of yours
that wait for me.”



A CIRCLE IS ROUND, IT HAS NO END
THAT'S HOW LONG I WANT TO BE YOUR FRIEND



Accept your shadows,
Bury your fears, free your burdens, fly again. MARIO BENEDETTI



YOU STILL HAVE TIME TO
REACH UP AND START NEW
MARIO BENEDETTI



SILVER MATE

The Argentinian colonial epoch of 1800s generates an impuse over beauty and perfection over the mate cup. The old world transformed the ordinary and daily objects in pieces of art. The rustic calabasch gourd was replaced by silver and porcelain mates in the high class of the new society. The silversmiths have the freedom to re invent the mate cup from very simple motives to very highly decorated motives of Barroque style. This changed affected the development of the bombilla with the combination of silver and the high priced metal, gold. The mate cup and bombilla, mate set, can be matched together with same materials and motives.

Today, the antique mate sets are highly prized. The mate and bombilla often becomes a valuable family treasures that are handed down among generations. The silver mate makes the drinking mate an unforgettable experience in which the person ist transported in time through the feeling of holding the heavy silver mate set.




Silver Mate
Material: Silver
Bought: United States




POETRY AND QUOTES

BY JULIO CORTAZAR – Hopscotch

“But what is memory if not the language of feeling, a dictionary of faces and days and smells which repeat themselves like the verbs and adjectives in a speech, sneaking in behind the thing itself, into the pure present, making us sad or teaching us vicariously.”



The memories never fade, it's time
that makes the change. But, for me you
will allways remain the same.



Thank you sweetheart,
but time have left traces
that I can't get rid of



WRITING A BOOK IS A VERY LONELY BUSINESS. YOU ARE TOTALLY CUT OFF FROM THE REST OF THE WORLD, SUBMERGED IN YOUR OBSESSIONS AND MEMORIES

MARCO VARGAS LLOSA

EARTHENWARE MATE

In the early twentieth century the mates for middle class were made of earthenware and porcelain, many were manufactured in Germany and England.

The earhenware mate is considered for “solito” (lonely) mate drinkers. The are the smallest mates, the measures are 6 cm high, 4,5 cm diameter on the top and 5,5 cm on the lower part. They have two ears to hold it with fingers making the experience of holding it easy and comfortable for the hand.

The earthenware material makes the transmission of heat troughout the cup uncomfortable due to possible finger or hand burns while holding it.

The earhenware mate was used until the 80’s. Today, they are almost in extinction since the mate market have extended widely. Nowadays, the silicon mate works as the new version of this little model.



Earthenware Mate
Material: Stell, Enamel
Bought: Argentina

SIMPLICITY



POETRY & QUOTES

BY ERNESTO SABATO

“It takes greatness to be humble.”



Hold strong to your convictions.

Remain humble in your speech. Let your actions tell your story.





Take me out of the shelf!



Put some water to boil, please



Sweet or sour?



One more round?

LEATHER MATE

Wooden mates are sometimes coated with metal or leather in order to prevent them from cracking. For those who do not want to spend time curing and replacing wood cups, have the option of tempered glass mates. They are sensitive to break but the covering leather make them a long term lasting period.

In Paraguay and Uruguay, the wood and glass mates are covered with a high quality leather. The local craftsmen make the talented artwork a personalized art piece with name and last name of the client. They are no two alike, since they all are made individually by the artisan. The leather mate is painted and engraved according to the client or artisan desire.

The leather mate is carefully stitched with top quality leather. The synthetic leather has also been finished with native themes to adorn the attractive mate cup with metal rim and base, but with time the synthetic leather get damaged and releases from the wood or glass mate.



Leather Mate
Material: Leather and wood
Bought: Paraguay



POETRY & QUOTES

BY MARIO BENEDETTI – Don't Give Up


“ ... Don't give up, you still have time
to reach up and start anew,
Accept your shadows,
Bury your fears,
Free your burdens,
Fly again.
Don't give up, that's what life is
Continue the journey,
Follow your dreams,
Unstuck time,
Move the rubble,
And uncover the sky ... ”

But let's make a deal I would love to count on you



I want to say count even if it's up to two even if it's up to five not so you feel pressured to come to my aid
Mario Benedetti, "Let's make a Deal"





The eyes are useless
when the mind is blind

WOOD MATE

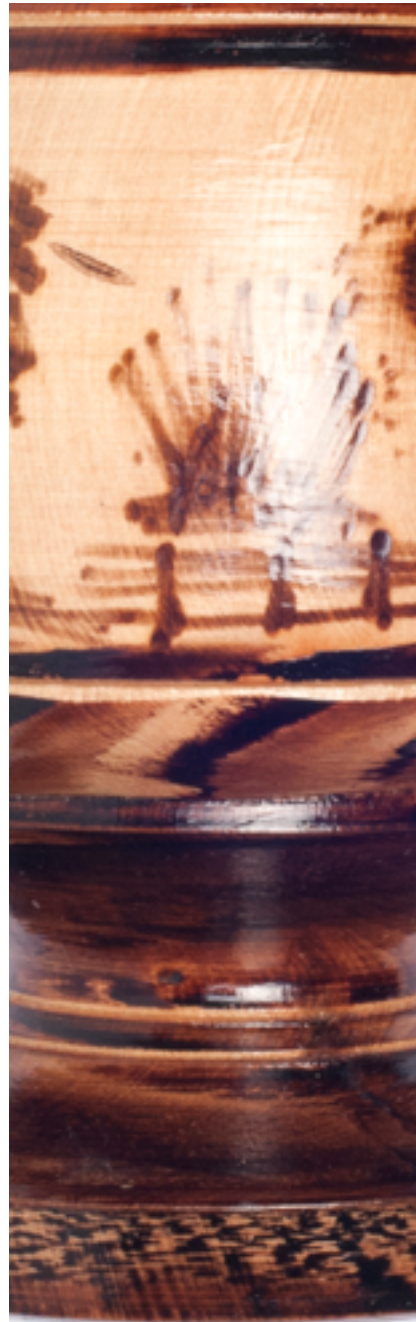
A wood Mate adds a pleasant flavor to the yerba mate from the very first time of using it. The flat base of wood mate adds stability, so the mate cup is less likely to tip over. The wood mate cup’s unique shape compresses the yerba mate in order to create suction for nutrient extraction. Using this specially shaped mate cup is the secret to preserving the high level of nutrients and maximizing the benefits of yerba mate.

There are four kinds of selected wood used by artisans in the moment of making the mate cup. From unusual wood such as Lignum Vitae found in the Caribbean Islands to Carob, Cedar and Holy Stick. Depending on the type of wood, it can add flavor to the beverage, making it less bitter. Before a wood-en recipient may be used, it must first be cured.

The ergonomic shape of wood mate makes the experience of holding and passing around more easy. The wood provides a good protection from heat but depending on the wood kind, it can be highly sensitive with tendency of fine craking and swelling. The wood mate enhances flavor and aromatics of the yerba. It is easy to clean and keep it dry.



Wood Mate
Material: Wood, Leather
Bought: Argentina, Paraguay, Chile



POETRY & QUOTES

BY ISABEL ALLENDE

“ Give, give, give - What is the point of having experience, knowledge or talent if I don't give it away? Of having stories if I don't tell them to others? Of having wealth if I don't share it? I don't intend to be cremated with any of it! It is in giving that I connect with others, with the world and with the divine.”

TRUE TEAM ARE MADE WHEN YOU PUT ASIDE INDIVIDUAL WANTS FOR COLLECTIVE GOOD.





IF YOU WANT TO GO FAST, GO ALONE.

IF YOU WANT TO GO FAR, GO TOGETHER.



LET'S GO TOGETHER.

APPENDIX

Allende, Isabel; born 2 August 1942, is a Chilean-American writer. Allende, whose works sometimes contain aspects of the “magic realist” tradition, is famous for novels such as *The House of the Spirits* and *City of the Beasts*, which have been commercially successful. Allende has been called “the world’s most widely read Spanish-language author”.In 2004, Allende was inducted into the American Academy of Arts and Letters,[4] and in 2010, she received Chile’s National Literature Prize. President Barack Obama awarded her the 2014 Presidential Medal of Freedom.

Benedetti, Mario; (14 September 1920 – 17 May 2009), Benedetti, was an Uruguayan journalist, novelist, and poet as well as being an integral member of the Generación del 45. In spite of publishing more than 80 books and being published in twenty languages he was not well known in the English-speaking world, but in the Spanish-speaking world he was considered one of Latin America’s most important writers from the latter half of the 20th-century.

Borges, Jorge Luis; (24 August 1899 – 14 June 1986), was an Argentine short story writer, essayist, poet and translator, and a key figure in Spanish language literature. His best-known books, *Fictions* and *The Aleph*, published in the 1940s, are compilations of short stories interconnected by common themes, including dreams, labyrinths, libraries, mirrors, fictional writers, philosophy, and religion. In 1961 he came to international attention when he received the first Formentor prize (Prix International), which he shared with Samuel Beckett. In 1971 he won the Jerusalem Prize. His work was translated and published widely in the United States and in Europe. Borges himself was fluent in several languages. He dedicated his final work, *The Conspirators*, to the city of Geneva, Switzerland.

Cortázar, Julio; (August 26, 1914 – February 12, 1984), was an Argentine novelist, short story writer, and essayist. Known as one of the founders of the Latin American Boom, Cortázar influenced an entire generation of Spanish-speaking readers and writers in the Americas and Europe. He has been called both a “modern master of the short story” and, by Carlos Fuentes, “the Simón Bolívar of the novel.” In 1951, in opposition to Peron’s regime, Cortázar traveled to Paris, where he lived until his death. In 1953 he married Aurora Bernárdez. They separated and Cortázar lived with Carol Dunlop in later years. From 1952 he worked for UNESCO as a freelance translator. He translated among others Robinson Crusoe and the stories of Edgar Allan Poe into Spanish, Poe’s influence is also seen in his work. Cortázar’s masterpiece, *Rayuela* (1963; *Hopscotch*), is an open-ended novel, or antinovel; the reader is invited to rearrange the different parts of the novel according to a plan prescribed by the author. It was the first of the “boom” of Latin American novels of the 1960s to gain international attention.

Hernández, José; (November 10, 1834 – October 21, 1886) was an Argentine journalist, poet, and politician best known as the author of the masterpiece *Martín Fierro*, the epic poem that stands as the pinnacle of gauchesque literature. Hernández founded the newspaper *El Río de la Plata*, which advocated local autonomy, abolition of the conscripted “frontier contingents”, and election of justices of the peace, military commanders, and school boards. He envisioned a federal republic based in pastoralism, but also featuring a strong system of education and a literate population. The poem, *Martín Fierro*, apparently begun during a period of exile in Brazil following the defeat at Ñaembé (1870) and was published in two parts (in 1872 and 1879).

Neruda, Pablo; (12 July, 1904 – September 23, 1973) was a Chilean poet, he stirred controversy with his affiliation with the Communist Party and his outspoken support of Joseph Stalin, Fulgencio Batista and Fidel Castro. Some of Neruda’s early poems are found in his first book, *Crepusculario* (Book of Twilight), published in 1923, and one of his most renowned works, *Veinte poemas de amor y una canción desesperada* (Twenty Love Poems and a Song of Despair), was published the following year. Twenty Love Poems made Neruda a celebrity, and he thereafter devoted himself to verse. In 1927, Neruda began his long diplomatic career (in the Latin American tradition of honoring poets with diplomatic posts), and he moved frequently around the world. In 1936, the Spanish Civil War began and Neruda chronicled the atrocities, including the execution of his friend Federico García Lorca, in his *España en el corazón* (Spain in Our Hearts). His poetic mastery was never in doubt, and for it he was awarded the Nobel Prize for Literature in 1971. Neruda died on, with subsequent investigations exploring whether he might have been poisoned during the dictatorship period in Chile.

Parra, Violeta; (4 October 1917 – 5 February 1967) was a Chilean composer, songwriter, folklorist, ethnomusicologist and visual artist. She pioneered the “Chilean’ New Song”, a renewal and a reinvention of Chilean folk music which would extend its sphere of influence outside Chile. “Gracias a la vida” was written and recorded in 1964-65 following Parra’s separation with her long-time partner. It was released in her last album (1966), before committing suicide in 1967. The song may be read as a romantic celebration of life and individual experience, however the circumstances surrounding the song suggest that Parra also intended the song as a sort of suicide note.

Sábato, Ernesto; (24 June, 1911 – 30 April 2011) was an Argentine writer, painter and physicist. According to the BBC he “won some of the most prestigious prizes in Hispanic literature” and “became very influential in the literary world throughout Latin America”. Upon his death *El País* dubbed him the “last classic writer in Argentine literature”. Sabato was distinguished by his bald pate and brush moustache and wore tinted spectacles and open-necked shirts. He studied physics at the Universidad Nacional de La Plata, where he earned a PhD. He attended the Sorbonne in Paris and worked at the Curie Institute. After World War II, he lost interest in science and started writing. Sabato’s oeuvre includes three novels: *El Túnel* (1948), *Sobre héroes y tumbas* (1961) and *Abaddón el exterminador* (1974). The first of these received critical acclaim upon its publication from, among others, fellow writers Albert Camus and Thomas Mann. The second is regarded as his masterpiece, though he nearly burnt it like many of his other works. Sabato’s essays cover topics as diverse as metaphysics, politics and tango. His writings led him to receive many international prizes, including the Legion of Honour (France), the Prix du Meilleur Livre Étranger (France) and the Miguel de Cervantes Prize (Spain). On the request of Argentina’s President Raúl Alfonsín he presided over the CONADEP commission that investigated the fate of those who suffered forced disappearance during the Dirty War of the 1970s. The result of these findings was published in 1984 bearing the title *Nunca Más* (Never Again).

Vargas Llosa, Mario; born 28 March, is a Peruvian writer, politician, journalist, essayist, college professor, and recipient of the 2010 Nobel Prize in Literature. He is one of Latin America’s most significant novelists and essayists, and one of the leading writers of his generation.



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Archive in the Book
“Mate Collection”

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