As upper classmen, you should have some familiarity with library resources. This guide is a pathfinder to point you in the right direction for information on the Latin American herbal tea, yerba maté, its history, impact on health, and Latin American food and drink traditions.

Checking the reference collection to provide some background information or historical perspective on your topic is always a good first step. Below are some print and online titles in the Kelly Library reference collection that contain some information on yerba mate. Note that if you are viewing this guide online through the library’s web page (under the Guides link), or on your instructor’s Moodle site, you can click on the hyperlinks and go directly to these electronic sources.

*World Encyclopedia of Food*  REF TX 349 .C69 1982  
*Oxford Encyclopedia of Food and Drink in America*  REF TX 349 .E45 2004 vols 1-2  
*Food in Context*  REF TX 354 .F6657  2011 vols 1-2  
*The New Whole Foods Encyclopedia*  REF TX 369 .W67 2010

Tip: Remember to look at the bibliographies at the end of articles in these print and online reference sources. They may lead you to additional information. For books, you can check the library’s catalog, and for periodical articles, you can check the E Journals by Title list. If Kelly Library does not own the items, or have electronic access, you can request the materials through interlibrary loan.

Next, you need to look at the Holston Associated Libraries catalog. It is a shared catalog with three other libraries (King College, Tazewell County Public Library, and Washington County Public Library), and you can borrow materials from them. If you see a title you would like to request, please speak with a circulation staff member or a reference librarian. Some subject headings that might be helpful: yerba maté, tea, herbal teas, South America—description and travel, South America—social life and customs (you can also insert names of countries, such as Argentina, etc.). The Library of Congress published a series, Area Handbooks that, although a little dated, are very good one-volume summaries of countries, including social life and customs. There are Area Handbooks for Argentina, Brazil, Paraguay, and Uruguay. They are all located in the government documents collection (on the ground floor). Just do a keyword search on Area Handbook in the catalog.

Other good sources of information are the many databases to which Kelly Library subscribes. They will lead you to articles that provide information on the historical, cultural, commercial, scientific and medicinal aspects of the yerba maté plant. Below are some screen shots from these databases. They can all be accessed from the Journal Articles & Databases link on the library page.

The first one is from Academic Search Complete, a multi-subject database of scholarly and popular periodical articles. It is showing a simple keyword search on the phrase “yerba maté.” Tip: Note the limiters (“refine your results) in the left margin. Also, note the images in the right column—the gourd / bombilla beverage container and a group of South American gauchos or vaqueros enjoying...
a maté break. **ASC** is a good, all-purpose database with which to begin your search for articles. EBSCO, the vendor of ASC, also produces several other databases that might be relevant, depending upon which aspect of yerba maté you are researching: **Alternative Health Watch, America: History & Life, Business Source Complete, Environment Complete, Fuente Academica, Health Source Complete: Consumer Edition, Health Source Complete: Nursing / Academic Edition, and Historical Abstracts.** The user search screen is the same for all of these databases. If you can use one, you can use them all.

Another good source of articles is the **General OneFile** database. It includes full-text content from a trade publication, **Tea & Coffee Trade Journal** that has many articles about yerba mate. See the screen shots below. **Tip:** even though this database is published by a different vendor, notice the features that are similar to that of the EBSCO databases.
Yet another database, JSTOR, may be useful. JSTOR is a database of scholarly periodicals covering a wide variety of academic subjects, and is almost (but not quite) 100% full-text. It is an archival database, which means it usually has a “moving wall” (time lag) of varying lengths for each periodical title. Look at the following screen shots.
In my search on "yerba mate" OR "Ilex paraguariensis," you can see I have checked “botany & plant science” subject area under Narrow by discipline and/or publication title. Just out of sight in the screen shot, I also selected “business,” “development studies,” “folklore,” “general science,” “geography,” “health sciences,” “history,” and “Latin American Studies” to limit the search.

Here are my results—over 350 articles:

Tip: If you find a citation that is not full-text in a database, remember to check the E-Journals by Title list. If an article is not full-text in one database, it may be in another database to which the library subscribes.

The last database in this guide is World Catalog. It is not a periodical database; it is a database of over a million books, audiovisual and other types of material. It is a good way to identify what you might not know exists. Below is a subject search on maté (tea) industry.
If you have never tried Google Scholar (http://scholar.google.com/), you may want to try it:

You will probably find articles that are not full-text in any database, or books that Kelly Library does not own. You can request them through interlibrary loan, and we can try to obtain the item, or get a photocopy for you. To use this service, you need to allow 5-7 working days to receive the material. To use this service, please speak with Patty Greany or Jane Caldwell.
If you need help finding or using any of the resources discussed in this guide, please do not hesitate to speak with one of the librarians who provide reference assistance:

Jane Caldwell
Jody Hanshew

Lorraine Abraham, Library Director & CIO

Patty Greany
Janet Kirby

Jody Hanshew

You can contact us in person, by phone (944-6208) or email (askalibrarian@ehc.edu)

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Cyndi Cunningham

David Lyons, Circulation Supervisor

Holly McCormick
Janice Snead

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askalibrarian@ehc.edu

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