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**SPANISH 450:
Senior Seminar**

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.

Encyclopedia of Contemporary Latin American and Caribbean Cultures REF F 1406 .E515 2000 vols 1-3

Encyclopedia of Latin American History and Culture REF F 1406 .E53 1996 vols 1-5

Gale Encyclopedia of Diets REF RA 784 .G345 2008 vols 1-2

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

Cambridge World History of Food REF TX 353 .C255 2000 vols 1-2

Food in Context REF TX 354 .F6657 2011 vols 1-2

Oxford Book of Health Foods REF TX 369 .V38 2003

The New Whole Foods Encyclopedia REF TX 369 .W67 2010

[Credo Reference](#)

[Gale Virtual Reference Library](#)

[Oxford Reference Online](#)

The three online sources above may be accessed through the [Journal Articles and Databases](#) link on the [library web page](#).

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.

The screenshot shows the EBSCO Academic Search Complete search results page. The search term "yerba mate" is entered in the search box. The results page displays two articles from Academic Journals. The first article is titled "LA 'YERBA MATE' (ILEX PARAGUARIENSIS, AQUIFOLIACEAE) EN TEMPRANOS ESCRITOS RIOPLATENSES DE BONPLAND Y SU REAL DISTRIBUCIÓN GEOGRÁFICA EN SUDAMÉRICA AUSTRAL. (Spanish)". The second article is titled "COMPOSITION AND BIOACTIVE PROPERTIES OF YERBA MATE (Ilex paraguariensis A. St.-Hil.): A REVIEW." The interface includes navigation tabs, a search bar, and a results list with filters on the left.

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 maté. 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.



The screenshot shows the General OneFile Advanced Search interface. The search term "yerba mate" is entered in the Keyword field. The Publication Title field is set to "Tea & Coffee Trade Journal". The interface includes a search bar, a search button, and a search assist toggle.

Search within results

only full text
 must have images

Your Results

Magazines (20)

Limit Search by

RELATED SUBJECTS:

- Tea industry (6)
- beverages (4)
- Tea (Plant) (4)
- Coffee industry (3)
- mate (beverage) (3)
- [View More](#)

DOCUMENT TYPES:

- Brief article (11)
- Article (9)

PUBLICATION DATES:

- Past Week
- Past Month
- Past Year
- Custom Date Range

Save All Sort by: Publication Date (Descending)

20 Magazine Results for [Advanced Search](#) Keyword (yerba mate) And Publication Title (Tea & Coffee Trade Journal)

1. Las Marias: delving the Argentine mate scene: Argentina is possibly the most European feeling country anywhere in the Americas. Paradoxically, it has adopted the quintessential local Native American beverage, and means of drinking it, and made it the national beverage of choice. After tea water, Yerba Mate (mate) is the most widely consumed beverage in Argentina. Augustus Farrogu. *Tea & Coffee Trade Journal*. 183.3 (Mar. 2011) p28. Word Count: 1448.
[ILLUSTRATION OMITTED] Mate was discovered by the Guarani Indians and industrialized by the Jesuits in the 16th and 17th centuries. It has been said that the Guaranis considered drinking mate was like drinking the forest ...
[Full-text with Graphics](#) [PDF page\(s\)](#)

2. Brazilian mate is making waves: in our March issue, we explored the differences between the Brazilian and Argentine versions. In this article, we highlight Brazil and its love for "the other green tea." Stay tuned next month for our mate farm survey and the next installment of this series. Alexis Rubinstein. *Tea & Coffee Trade Journal*. 182.4 (Apr. 2010) p24. Word Count: 1390.
[ILLUSTRATION OMITTED] I knew very little about mate, other than it was a traditional South American drink. I also knew very little about Brazil. I imagined sprawling coffee estates outside of the Amazon rainforest ...
[Full-text with Graphics](#) [PDF page\(s\)](#)

3. Guayaki launches San Mateo Yerba Mate. Brief article
Tea & Coffee Trade Journal. 181.7 (July 2009) p44. Word Count: 154.
Guayaki is celebrating yerba mate's diversity with the announcement of San Mateo Loose Yerba Mate. Sourced from the rainforest in the San Mateo region of Southern Brazil, this air-dried organic yerba mate provides ...
[Full-text with Graphics](#) [PDF page\(s\)](#)

4. Yerba mate--new trends, old traditions: in Part I of this article, we explored the origins of the ancient drink of Yerba mate and its ceremonial roots. Much like the rest of the tea industry, this once specialized brew is becoming mainstream in an international market. Serena Norr. *Tea & Coffee Trade Journal*. 180.11 (Nov. 2008) p46. Word Count: 1902.

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.

Advanced Search [View Tutorial](#) | [Search Help](#)

yerba mate OR "las paraguayensis"

AND

[Add Field +](#)

Include only content I can access
 Include links to external content

[Search](#)

NARROW BY:

ITEM TYPE	DATE RANGE	LANGUAGE
<input type="checkbox"/> Articles	From <input type="text"/>	All Languages <input type="text"/>
<input type="checkbox"/> Books	To <input type="text"/>	
<input type="checkbox"/> Pamphlets		
<input type="checkbox"/> Reviews	yyyy. yyyy/mm. yyyy/mm/dd	
<input type="checkbox"/> Miscellaneous		

PUBLICATION TITLE

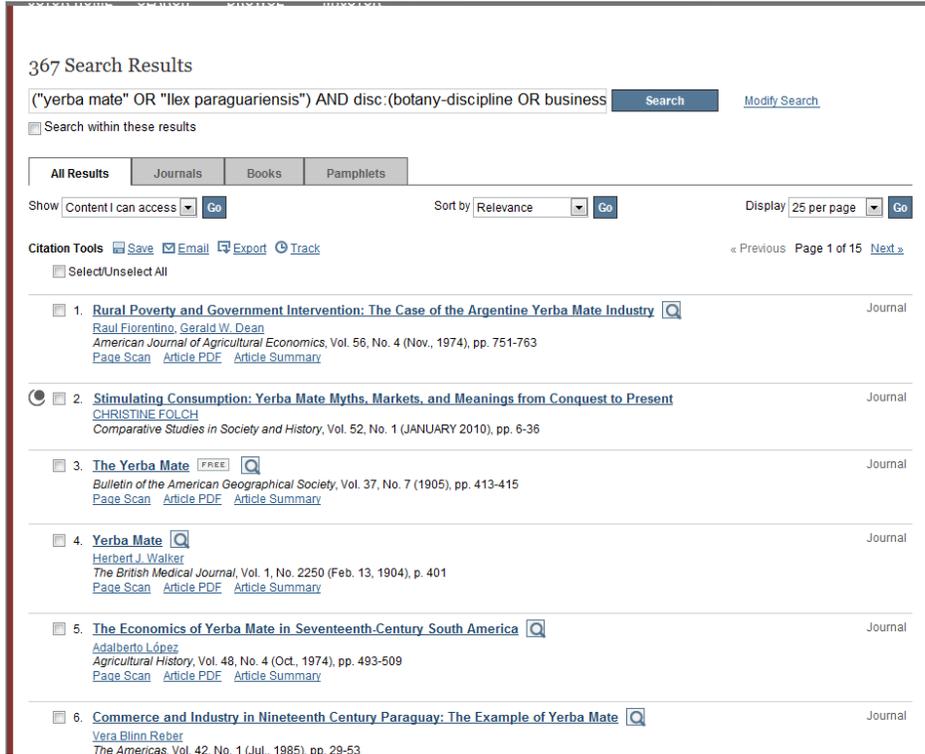
ISBN

NARROW BY DISCIPLINE AND/OR PUBLICATION TITLE:

- African American Studies (19 titles)
- African Studies (55 titles)
- American Indian Studies (8 titles)
- American Studies (125 titles)
- Anthropology (93 titles)
- Aquatic Sciences (17 titles)
- Archaeology (94 titles)
- Architecture & Architectural History (33 titles)
- Art & Art History (195 titles)
- Asian Studies (73 titles)
- Astronomy (1 title)
- Bibliography (22 titles)
- Biological Sciences (240 titles)
- Botany & Plant Sciences (57 titles)
- British Studies (17 titles)

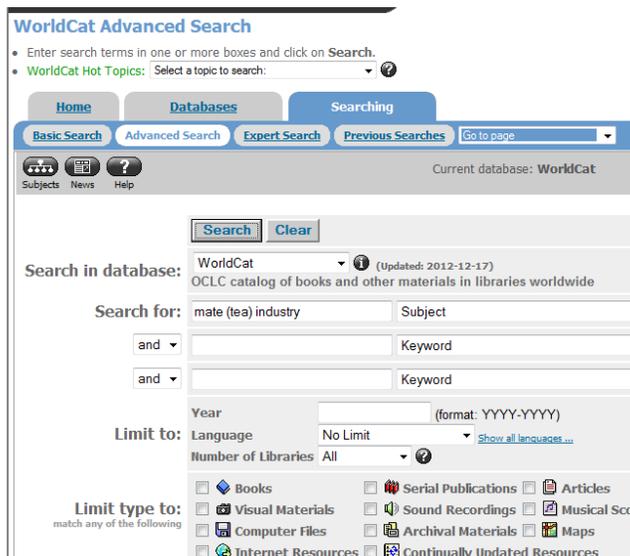
In my search on "yerba mate" OR "Ilex paraguariensis," you can see I have checked "botany & plant science" subject area under **Narrow by discipline and/or publication title**. Just out of sight in the screen shot, I also selected "business," "development studies," "folklore," "general science," "geography," "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**.



Limit results: Any Audience Any Content Any Format Search

All 47 Books 36 Internet 3 Serials 2

- La Yerba mate y misiones /**
 Author: Sagastizábal, Leandro de.
 Publication: Buenos Aires : Centro Editor de América Latina, 1984
 Document: Spanish : Book
 Libraries Worldwide: 26
[More Like This Search for versions with same title and author | Advanced options ...](#)
[See more details for locating this item](#)
- La fiebre del mate : contrabando de yerba en el virreinato /**
 Author: Müller, Hugo, 1969-
 Publication: Buenos Aires : Editorial Sudamericana, 1999
 Document: Spanish : Book : Fiction
 Libraries Worldwide: 26
[More Like This Search for versions with same title and author | Advanced options ...](#)
[See more details for locating this item](#)
- La yerba mate del Paraguay, 1780-1870 /**
 Author: Whigham, Thomas, 1955-
 Publication: Asunción, Paraguay : Centro Paraguayo de Estudios Sociológicos, 1991
 Document: Spanish : Book
 Libraries Worldwide: 26
[More Like This Search for versions with same title and author | Advanced options ...](#)
[See more details for locating this item](#)
- Ação empresarial do barão do Serro Azul /**
 Author: Costa, Odah Regina Guimarães.
 Publication: Curitiba : Grafipar, 1981
 Document: Portuguese : Book
 Libraries Worldwide: 21
[More Like This Search for versions with same title and author | Advanced options ...](#)
[See more details for locating this item](#)
- The world market for maté a 2003 global trade perspective /**
<http://search.ebscohost.com/login.aspx?direct=true&scope=site&db=nlebk&db=nlabk&AN=62871>
 Author: Parker, Philip M., 1960- Publication: San Diego, Calif. : Icon Group, 2003
 Document: English : Internet Resource Computer File
 Libraries Worldwide: 21
[More Like This Search for versions with same title and author | Advanced options ...](#)
- Yerba buena y yerba mala : medio siglo de historia de la producción y el trabajo en los yerbales misioneros /**
 Author: Sturm, Graciela.
 Publication: Buenos Aires : Ediciones Cooperativas, 2006
 Document: Spanish : Book
 Libraries Worldwide: 16
[More Like This Search for versions with same title and author | Advanced options ...](#)
[See more details for locating this item](#)
- The 2002 world market forecasts for imported maté**
<http://search.ebscohost.com/login.aspx?direct=true&scope=site&db=nlebk&db=nlabk&AN=71616>
 Author: Parker, Philip M., 1960- Publication: San Diego, Calif. : Icon Group, 2002
 Document: English : Internet Resource Computer File

If you have never tried [Google Scholar](http://scholar.google.com/) (<http://scholar.google.com/>), you may want to try it:

Google "yerba mate" AND culture

Scholar About 3,340 results (0.05 sec) My

Articles

Legal documents

Any time
 Since 2012
 Since 2011
 Since 2008
 Custom range...

Sort by relevance
 Sort by date

include patents
 include citations

Create alert

Yerba Mate Tea (Ilex paraguariensis): a comprehensive review on chemistry, health implications, and technological considerations [PDF] from amaband.de
 CI Heck, EG De Mejia - Journal of Food Science, 2007 - Wiley Online Library
 ... Yerba Mate Tea (Ilex paraguariensis): A Comprehensive Review on Chemistry, Health Implications, and Technological Considerations. CI Heck, EG De Mejia. ... Table 4—... Compounds identified in Yerba Mate leaves and some of their biological activities. ...
 Cited by 160 Related articles BL Direct All 10 versions Cite

Effect of yerba mate (Ilex paraguariensis) tea on topoisomerase inhibition and oral carcinoma cell proliferation
 EG de Mejia, YS Song ... - Journal of agricultural ... , 2005 - ACS Publications
 ... Mate or yerba mate (Ilex paraguariensis) (MT) is a tea-like infusion commonly consumed in several South American countries such as Argentina, Uruguay, and southern Brazil (1). MT contains flavonoids, caffeine, minerals (P, Fe ... The culture medium was changed every other day ...
 Cited by 47 Related articles All 7 versions Cite

[PDF] **Yerba mate: pharmacological properties, research and biotechnology** [PDF] from globalsciencebooks.
 DHM Bastos, DM Oliveira ... - Med Aromat Plant ... , 2007 - globalsciencebooks.info
 ... The genetic improvements of the culture are recent; having began in the 1970s in Argentina and in the 1990s in Brazil. ... a 70% leaves 30% sticks (Heinrichs and Malavolta 2001). b prepared with 70 g commercial yerba mate /1L water (Heinrichs and Malavolta 2001). ...
 Cited by 42 Related articles All 5 versions Cite

Agroforestry systems with Ilex paraguariensis (American holly or yerba mate) and native timber trees on small farms in Misiones, Argentina
 B Eibl, RA Fernández, JC Kozarik, A Lupi ... - Agroforestry ... , 2000 - Springer
 ... In the present article we evaluated the productivity of Ilex paraguariensis (yerba mate) in association with the indigenous leguminous tree species Enterolobium contortisiliquum (Vellozo ... This site had been abandoned after about 20 years of intensive, mechanized agri-culture. ...
 Cited by 25 Related articles BL Direct All 6 versions Cite

Antibacterial activity against Streptococcus mutans of mate tea flavor components
 I Kubo, H Muroi, M Hirajima - Journal of agricultural and food ... , 1993 - ACS Publications
 ... Most of these volatiles were also found in the other eight yerba mate samples obtained from different locations. Chemicals. ... Microorganisms and Media. All test microorganisms were purchased from American Type Culture Collection (Rockville, MD). ...
 Cited by 41 Related articles BL Direct All 5 versions Cite

< i> Ilex paraguariensis</ i> extracts inhibit AGE formation more efficiently than green tea

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

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

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