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## MATCHA - LET'S TALK ABOUT IT

Matcha Lover

I'm sitting here, the sun on my face, a red adirondack chair beneath me, gazing upon the beautiful landscape that is A quad. As I sit, I am contemplating the creation in the cup on my armrest.

It vaguely reminds me of Christmas, the way the red straw from Common Ground sticks out of the oddly vibrant green beverage. It's the kind of green that makes you wonder whether the liquid is safe to drink, or if it would be more appropriate to evaluate it in an Ebaugh lab.

Nevertheless, as I sip away on A quad, I can't help but admit to the pleasantness of the strange drink. Over the summer, when I wasn't busy missing my dear readers, I kept myself occupied by becoming a self-declared matcha connoisseur. My afternoon commutes home from my very important internship in downtown Chicago were rarely unaccompanied by a matcha, the perfect treat with just the right amount of kick to it, to finish out your day strong. Through a summer of matcha exploration, here is what I learned:

1. The rumors are true. It does taste like the earth. But if you can get over that and embrace the life of a herbivore, this liquid earth will change your life.
2. If, like me (ashamedly), you can't fully embrace the earthy taste on its own, milk will swoop in to the rescue. Which milk, you ask? Well, let me break it down.
3. Whole, 2%, 1%, skim: Yeah, they're ok. And yes, there is a difference. They're not bad, but they also don't do much for matcha.
4. Oatmilk: eh. It's alright. Almost adds to the earthy taste, if that's possible. Not my first choice, but not the worst option.
5. Almond milk: First choice. Delicious. No comments.
6. If milk isn't doing enough for you, add a flavor shot. I've found that vanilla adds a nice subtle sweetness to the drink without overpowering the feeling that you're drinking grass.
7. A real sense of adventure can be quenched by experimenting with flavored matcha. Strawberry matcha? Peach matcha? Yes. Flavors like these can substitute the need for a flavor shot, and are just purely delicious. However, be warned about the level of sweetness. Know your own palette.
8. The most influential addition to matcha, though, is not one of these you've already read, no. The real winner, the champion, is sweet cold foam. Wow. The instant sweetness complimented by the matcha itself, the way it mixes itself in, creating a lovely color of sage in your cup and an even lovelier taste. I will never pass up an opportunity to add cold foam to my matcha, and you shouldn't either.
9. No matcha will ever (EVER) beat Dunkin' Donuts matcha. Read that again.

I hope I have inspired you to give this deeply understood beverage a fair chance. It deserves it. Give it a shot, try it out, and if you're so inclined, report back.

Until then, matcha love, readers (yikes).

I'm sitting here, in Curtis dining hall, surrounded my fellow students, a plate of spaghetti in front of me. As I sit, I contemplate the growing controversy that is "a cold glass of plain milk." It has come to my attention over the years that too many people are skeptic as to the joys of a glass of milk, and consider it strange, even, to enjoy a milk unaccompanied by cereal, chocolate flavoring, or a warm chocolate chip cookie. I'm here to assure you of those joys, and to provide you with what can only be described as "drinking plain milk for dummies."

Milk has more variety than one might expect. Let's start with the childhood basics:

1. Plain: The standard glass of white milk that your parent puts in front of you on the kitchen table. Nothing special, no questions asked, good for the bones.
2. Chocolate: A whole world in itself, spanning many different brands and levels of cacao. Nevertheless, it never fails. Delicious, and somehow resulting in no skepticism.
3. Strawberry: I can't say I ever fell victim to the strawberry milk craze, but I can see the appeal. After all, it is pink.

Let's dive deep, though. There's more to discover. Next up, the world of "plain" milk:

1. Skim: Scientifically, skim milk is the milk with the least amount of fat. In terms of enjoyment, it's not half bad. A little thin, if you ask me, and not quite substantial enough. If it's all there is, I certainly won't turn it down, but it's not my first choice.
2. 1%: Ah yes, here we go. Also known as "low fat," 1% milk has the second least amount of fat content. Regrettably, Denison dining halls do not carry 1% milk, and I believe they are the poorer for it. 1% milk is my favorite. It's delicious. At home, I often drink three cups a day, and when I don't I drink four. I could not recommend 1% milk more.
3. 2%: Yeah, it's okay. It comes in a close second to 1%, and I can't say I don't enjoy it. But really, it's 2% because it's #2. Always in second place (no offense).
4. Whole: I don't hate it, I don't love it. Some people swear by it. Good for them.

Non-dairy? No problem. There are a variety of nut milks that will do jsut fine. Though I can't say I'm an expert with nut milks in a glass, I will say that if I had to drink one of them plain, it would be soy. Almond in matcha, ALWAYS, and if that's not possible, oat will do.

I hope this has cleared up some confusion about the mysterious world of milk. I also hope that if you are, for whatever reason, against the idea of drinking plain milk, you may look inside yourself and do some deep reflection. I hope that you can begin to think more openly about the idea that milk might provide valuable refreshment, too, and that you may be severely underestimating the enjoyment you may get from a nice cold glass of plain milk.

Change is scary, I know. But I believe in you, readers, I do. Cheers.



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