

Old Town's Central Jive is a tea house with a CBD twist

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Proprietor Kasey Gurulé (right), seen here with her fiancée, Jessica Gurulé, works out of a storefront at 328 San Felipe, roughly at the intersection with Church Street.

Central Jive is not your typical tea house. There are no black or green tea options, no milk or sugar. Instead, [a wall-length menu](#) offers custom herbal blends like “Blue Galactica (for lucid dreaming)” and “You’re My Sunshine (for a positive mood).”

And that’s before you get to an ingredient not typically found in tea: CBD.

When [Central Jive](#) opened in Old Town this April, it became one of the first tea houses in the nation to offer CBD-infused teas that customers can sip on site.

“You walk in and order like at a café,” says founding owner Kasey Gurulé. “You sit down, you enjoy the space. Who doesn’t want to sit here and people-watch in Old Town?”

The interior is minimalist-chic, with seating spaced at pandemic-friendly distances. [Walls double as a gallery for local artists](#) whose work rotates periodically. A table in one corner displays jars of loose herbs and hemp.

But the jars are purely decorative: Central Jive doesn't sell teas in bulk, but rather by the teabag. This way Gurulé ensures that customers who brew cups at home have the right balance of leaves and petals with precisely one gram of CBD per serving.

[CBD, or cannabidiol](#), has gained popularity in recent years as a health supplement. The compound is extracted from the same Cannabis sativa plant as the better-known psychoactive THC (tetrahydrocannabinol). However, while THC produces cannabis's famous high when smoked or eaten, CBD itself isn't intoxicating.



Despite this display, the need to carefully portion out the CBD means the tea comes in bags rather than the loose-leaf variety common to other shops.

When it comes to CBD's benefits, clinical findings are currently limited. Nevertheless, [many swear by the supplement](#) to soothe ailments like joint pain and anxiety, or simply to support general well-being.

But while the addition of CBD sets Central Jive apart from other tea houses, it doesn't single-handedly define the drinks on offer. Customers can order CBD-free versions of any blend.

"Tea already by itself has so many healing factors," Gurulé says.

She developed her own recipes over the years by experimenting with ingredients like chamomile, jasmine, turmeric, and cinnamon. Certain combinations are designed to relieve stress or insomnia, while others offer mood boosts.

“I’ve always been into teas, my whole life. I have a tea for everything!” she says. “It wasn’t until later that I came up with the idea: Why don’t we try to incorporate CBD into tea?”

Tourists and locals alike have shown up at Central Jive since its opening, with some out-of-towners stocking up on teabags to go and promising to order more once they’re home. Gurulé has also gained a few repeat customers who live within walking distance.

“During the week, typically we’re open from 12 to 8 [p.m.],” she says. “From 12 to 5, it’s tourists, and then from 5 to 8, we get our locals. It’s so nice when we have people just sitting for hours at a time, getting refills. A lot of the younger people are like, ‘It’s about time Old Town has something new.’”

– *By Karie Luidens*

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