



Spring has finally arrived and, like so many others, I am anxiously awaiting the arrival of the first crop of 2011 teas. We continue our year-long journey in this month's **Spotlight on...** section as we visit three provinces in China. Recent research on the consumption of tea and its potential cancer-fighting ability is highlighted in the **Tea & Health** section. We continue to strive to bring you the latest information about tea each month and we look forward to your comments and suggestions.

Spotlight on...Teas of China: Other Provinces

Tea is produced in most of China's provinces and we have already visited Fujian, Anhui and Yunnan. We could spend an entire year visiting the remaining provinces, but since time is limited, we will spend our last month in China only in the provinces of Zhejiang, Jiangxi, and Jiangsu.



Zhejiang is predominantly a hilly and picturesque province on the eastern coast of China. It is the home of Gunpowder and Longjing (Dragon Well) green teas, the latter of which is one of the "Ten Most Famous Teas of China". It is believed that Gunpowder got its name from its tightly rolled shape, which resembles the gunpowder pellets that were used in cannons. It is a widely drunk tea with a robust flavor and a subtle smokey aroma. Longjing green tea is named after the small town of Longjing near the city of Hangzhou and is known for its flat leaves and unique rich, nutty flavor. Other regions manufacture this tea, but authentic Longjing only comes from the town that gives the tea its name.

Jiangxi is a mountainous, landlocked province that borders

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Upcoming Events



Visit our booth at the following shows:

Monday 4/4

**SCWBEC Business Expo
Hyatt Regency
1717 Motor Pkwy, Hauppauge
9:00am - 12:30pm**

Expo is open to the public and admission is free.

Thursday 4/28 - Sunday 5/1
Just in time for Mother's Day..

**Art, Craft & Gift Expo
Smith Haven Mall, Lake Grove
Between Middle Country Rd (Rt 25)
& Nesconset Hwy (Rt 347)
during mall operating hours**

**For pick up at the above shows, please call in or e-mail your order at least 1 day ahead.

Are you new to loose tea or just want to try some different teas?

Fujian and Zhejiang. At certain times of the year its mountains are blanketed with clouds, giving its green teas the name Clouds and Mist. Other regions manufacture Clouds and Mist green teas; however, Jiangxi's Lu Shan Yun Wu (Lu Mountain Clouds and Mist) is the most well-known and one of the "Ten Most Famous Teas of China". Clouds and Mist tea leaves are small, curly and dark green. They create a smooth and delicate infusion with unique savory notes.

Jiangsu is on the eastern coast, just north of Zhejiang. The land in this province is mainly flat and at low elevation. Its most famous tea is Bi Luo Chun (Green Snail Spring) green tea, a name that reflects the spiral shape of the tea leaves and their spiraling motion as they unfurl during infusion. It is a delicate tea with fresh aromas and slight astringency.

Join us next month as we leave China to continue our journey in Japan....

Tea & Health: Cancer-Fighting Properties

A recent study identified a link between green tea consumption and its ability to inhibit cancer cell growth. Researchers found that the polyphenols in green tea became more active once digested and had a significant effect on slowing the growth of cancer cells. In particular, the polyphenols bind to two toxic compounds in the body (hydrogen peroxide and beta-amyloid), which have been shown to cause oxidative damage and cell death in the body.



Yours in tea,

*Kristine Henderson
The Pleasures of Tea*

Then host your own private tea-tasting!

Invite your family and friends for a relaxing, fun and informative afternoon or evening.

Select from our menu of over 170 teas and herbal infusions from around the world. We carry the tried and true favorites, as well as some rare and unique teas.

Please contact us for pricing or to schedule a date.

631-278-5755

kristine@pleasuresoftea.com

Proud Member



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April's Special

Offers:

- **Apr11** - save 10% on an order subtotal of \$50 or more.
- **Ship2011** - free shipping on any order subtotal of \$80 or more.

Please mention one of the above codes when placing your order by phone or input it at checkout in our online shop www.pleasuresoftea.com.

Don't forget - **Mother's Day is May 8th**. Please place orders by April 26th to ensure timely delivery by common carrier.

Offer Expires: April 30, 2011

Only one coupon code may be used per order. Not to be combined with any other offers.