



Thankfully winter is almost over and I am very much looking forward to the arrival of spring. We continue our journey through China and focus on the Yunnan Province in this month's **Spotlight on...** section. This month's **Tea & Health** section highlights some of the potential health benefits of drinking Pu'er. 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: Yunnan Province

The next stop on our journey through China is the Yunnan Province. Yunnan is a mostly mountainous, land-locked region in southwestern China. It is populated by many ethnic peoples, many of whom have been consuming tea as a beverage, food, and medicine for at least 1,800 years. The teas from Yunnan are produced from a varietal of the tea plant that is indigenous to the region; it is closer to the varietal that produces the Assam teas of India than the one used to produce teas in other regions in China. Some of Yunnan's most prized teas come from the ancient forests that contain the remaining indigenous wild tea trees, which are reported to be between 1,000 and 2,700 years old. While Yunnan produces a few green teas, they are not as sought-after as its most notable teas - Pu'er and Yunnan black teas.



Pu'er is the traditional tea manufactured in Yunnan and is named after the town of Pu'er, where historically all of the tea-makers in the region used to bring their tea to sell. It is known as "black" tea in China and its manufacture dates back close to 1,500 years, when the tea was formed into "cakes" or "bricks" for easy transport to the people of Tibet. Pu'er is an aged tea and the only tea that is truly fermented. It has an earthy aroma, a sweet, earthy-floral flavor, tends to be medium- to full-bodied and very smooth. Pu'er can be found in several forms: "raw" or "cooked"; loose or different compressed shapes; plain or blended with different flowers. It is believed that the unique process used to make Pu'er, which remains closely guarded, is responsible for the development of high levels of statins and an amino acid called GABA. See this month's **Tea & Health** section to learn about the

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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

Middle Country Rd. (Rte 25) & Nesconset Hwy (Rte 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?

potential health benefits of Pu'er. [Click here to view our selection of Pu'er.](#)

While Pu'er has a long history in Yunnan, the production of black tea only began in 1938 and today Yunnan is China's largest black tea producing region. Yunnan black tea is known for being full-bodied and rich, with spicy and some earthy notes. Some of the more prized Yunnan black teas are comprised solely of the buds of the tea plant, which turn golden when processed and yield a smooth and complex infusion. Our *Zhen Qu Yunnan Royal Golden Buds Black Tea* is an excellent example of this type of tea.

Join us next month as we explore a few other tea-producing provinces on our last stop in China....

Tea & Health: Benefits of Pu'er

Pu'er contains several compounds that naturally occur as a result of the unique way in which it is manufactured. Two of these compounds are statins and GABA. Statins, more commonly known as cholesterol-lowering drugs, reduce the LDL (bad) cholesterol levels in the blood and lower the risks of heart disease and stroke. A recent study conducted in Taiwan showed a correlation between drinking Pu'er and the lowering of LDL cholesterol. In fact, there is a long tradition among the people of Yunnan to drink Pu'er after a heavy meal in order to aid digestion and fat metabolism.

GABA or gamma-aminobutyric acid is an amino acid that serves as a primary neurotransmitter in our central nervous system. It is essential for brain metabolism and prevents anxiety and stress-related messages from reaching the motor centers of the brain. In addition, it helps to improve sleep cycles and has powerful effects on stabilizing blood pressure.



*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 150 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.

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- **Mar11** - save 10% on an order subtotal of \$40 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.

Offer Expires: March 31, 2011

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