

TPOT Newsletter

TPOT

The Pleasures of Tea

Bringing together family & friends with a cup of tea

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In this month's *Spotlight on...* section we highlight the beautiful and unique artistry of artisan teas. In the *Tea & Health* section we explore the results of a recent study about tea's effect on biological age.

This is a two-month edition of the *TPOT Newsletter*, which covers November and December. We'll return to the monthly newsletter in January. Wishing you all a wonderful Thanksgiving and holiday season.

Yours in tea...Kristine

Spotlight on...

Artisan teas - also known as display, presentation, flowering or blooming teas originated in the Yunnan province in the southwestern part of China, but many regions in China and elsewhere are now producing these unique artistic teas. They are considered a part of China's rich cultural tea heritage although it is unclear just how old this practice is. Unfortunately, these teas were banned during the Chinese Cultural Revolution, but they have become popular again during the past decade with a renewed appreciation of their artistry. They are created by the skillful tying together of high quality tea leaves, buds, and flower blossoms with cotton string into various shapes and sizes. The tying of each tea shape can take up to ten minutes depending on its intricacy. When steeped in hot water the elegant shapes "bloom" into a beautiful display that is a treat for the visual, olfactory, and taste senses. As a result of the high quality of the tea leaves, they can be steeped multiple times and the tea will not get bitter even though the "blossom" remains in the pot or cup. Because of the visual component to the enjoyment of these teas, they are best prepared in a clear glass teapot or teacup.



Flower Symphony
Artisan White Tea

The Pleasures of Tea offers six different styles of Artisan Teas:



3 Flower Burst
Artisan Green Tea

A) **Camellia Rose Black Tea:** black tea, lavender & rose blossoms; medium-bodied, smooth, hints of fruit & sweet floral notes.

B) **3 Flower Burst Green Tea:** green tea, lily, jasmine & osmanthus blossoms; sweet, floral aroma & taste.

C) **Delirium Blossom Green Tea:** green tea, amaranth, marigold & osmanthus blossoms; lightly floral with a touch of astringency.

D) **Dragon 4 Flowers Green Tea:** green tea, amaranth, jasmine, chrysanthemum & lavender blossoms; early season green tea with depth, body & a floral aroma.

E) **Oolong Mystère:** oolong, amaranth & nasturtium blossoms; smooth, wonderful orchid notes.

F) **Flower Symphony White Tea:** white tea, hibiscus & lavender blossoms; refreshing with a bright finish.



These teas are available by individual type or as a sampler of one of each type. They are also available in gift baskets with our selection of glass tea ware, making a perfect gift for the holidays.

Tea & Health



According to a recent study conducted at the Chinese University of Hong Kong, regular tea consumption may impact a person's biological age. As a result of the study, researchers found that study participants who drink tea regularly have longer telomeres, which are DNA sequences at the end of chromosomes that naturally shorten over time due to cell replication and aging. Some experts believe that telomere length may be a marker of biological age. The study showed an average difference in telomere length that equated to "approximately five years of life". These results were found with the consumption of three cups of tea each day. Most of the study participants drank green tea, but some did drink black tea. This led researchers to believe that the benefit may be obtained from drinking all types of tea, but additional research will continue.

TPOT Specials



The holidays are right around the corner, so feel free to take advantage of these newsletter subscriber offers:

- **Holiday0901** - take 5% off your order subtotal of \$30 or more.
- **Holiday0902** - take 10% off your order subtotal of \$50 or more.

Coupon codes can be used for orders placed:

- On our website www.pleasuresoftea.com, input one of the above codes at checkout.
- By phone **631-278-5755**, mention one of the above codes when placing your order.
- At one of our holiday vendor shows, please present this coupon.

Coupon codes expire **December 31, 2009**.
Only one offer can be used per order/visit.