



It has been a difficult couple of weeks for everyone and I hope this newsletter finds you and your family well. Many of you were aware that I was to open a tea shop in Oakdale on November 1st and I thank you for the phone calls and e-mails inquiring about the status. The opening had been delayed because of Hurricane Sandy, but the shop is now open! Our address and hours are posted at right. Please visit www.pleasuresoftea.com for directions.

Autumn is filled with the flavors of cinnamon, clove, and other spices and in this month's **Spotlight on...** section we take a detailed look at chai. In the **Tea & Health** section we explore the health benefits of the season's spices. Be sure to take advantage of this month's specials in **November's Special Offers**. We continue to strive to bring you the latest information about tea and tisanes each month and we look forward to your comments and suggestions. Thank you for reading!

Spotlight on... Chai

We briefly talked about Masala Chai in October's newsletter and I wanted to talk a little more about this popular Indian beverage. Chai is a popular beverage here also and what we refer to as "chai" is known as Chai Masala in India. In many Asian languages the word for tea is "chai", "cha" or "tay". "Chai" is the Hindi word for tea and "Masala" is the word for spice. If you were to order chai in India, you would be given a cup of plain black tea, not the rich and spicy milk tea that we know as chai.

Chai masala is relatively new, first appearing in India in the early 1900's; however, its popularity has made it an integral part of Indian culture and representation of Indian culture everywhere. Typically a strong and robust black tea serves as the base of this tea blend. The tea leaves and spices are simmered in milk, and then honey or sugar is added to sweeten. There are many spices that can be used to make chai masala and an endless number of recipes. Traditionally, cardamom is the predominant spice, with cinnamon and ginger also at the top of the list. Other spices may include cloves, peppercorn, nutmeg, anise, vanilla, chili - the possibilities are unlimited.

While spiced chai teas may be infused with water, as other teas are, I find that most chai blends are best when prepared traditionally by simmering the tea in milk. To view our robust selection and descriptions of chai blend teas and tisanes, please visit the Chai Blends section of our tea menu on www.pleasuresoftea.com. There you will also find instructions on how to prepare authentic Chai Masala.

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Our Tea Shop is Open!

**1217A Montauk Hwy.,
Oakdale**

Located in Roseland School of Dance, center location - look for teapots & our banner in the window

Hours of Operation

Monday	3:00-9:00
Tuesday	3:00-9:00
Wednesday	3:00-9:00
Thursday	10:00-8:00
Friday	10:00-6:00
Saturday	9:00-4:00
Sunday	11:00-4:00

To ensure that we have what you are looking for in stock at the shop, please feel free to let us know your order ahead of time. If you would like to pick up specific teas, 4oz. pouches of your favorite tea, or other products, please e-mail kristine@pleasuresoftea.com or call 631-278-5755 at least one day before stopping by.

You may place your order online:

1. Select "Pickup From Store" as your shipping option.
2. Let us know in the comment section the day you would like to pick up your order.

Are you new to loose tea or just want to try some different teas? Then host your own private tea

Tea & Health: Health Benefits of Chai Spices

Spices add such a richness and warmth to our foods and beverages and they may also provide potential health benefits as well. Like teas and herbs, spices contain vitamins, minerals, and other phytonutrients that function as antioxidants. Here are some of the traditional uses and results of research conducted on some of the spices used to make chai masala:

Cardamom - essential oils contain anti-inflammatory and anti-spasmodic properties that may aid digestion, calm an upset stomach, and help protect the cardiovascular system. The main phytochemical, *cineole*, possesses antiseptic properties and has been shown to help clear up sinus infections, break up chest congestion, and ease asthma symptoms.

Cinnamon (cassia) - *cinnamaldehyde*, the primary active ingredient, has demonstrated effects on lowering blood sugar, A1C levels (long-term blood sugar average), cholesterol and triglycerides. Other constituents possess anti-inflammatory, antibacterial, and antiviral properties that may slow down the progression and/or alleviate the symptoms of Alzheimer's disease and fight off an *H. pylori* infection (a leading cause of stomach ulcers and cancer).

Ginger root - rich in the phytochemical class of *gingerols*, which have antioxidant, anti-inflammatory, antibacterial, and antiviral properties. It is traditionally used to relieve indigestion and nausea, along with alleviating the symptoms of cold and flu. Ginger is also classified as a booster herb, which helps improve the effectiveness of whatever it is combined with.

Cloves - contain the essential oil, *eugenol*, which has anti-inflammatory, antibacterial, antiviral, and analgesic properties. Oil of clove has been used in dentistry to relieve pain and inflammation and reduce infection. Recently it has been found that eugenol may also assist in reducing the formation of blood clots and may fight off infections, particularly *H. pylori*, herpes simplex, and hepatitis C.



Yours in tea,

Kristine Henderson

The Pleasures of Tea

tasting!

Invite your family and friends for a relaxing, fun and informative afternoon or evening. Select from our menu of over 180 teas and herbal tisanes from around the world. We carry the tried and true favorites, as well as some rare and unique teas.

Please contact us for additional information, pricing or to schedule a date.

631-278-5755

kristine@pleasuresoftea.com

[Please click here to learn more about us](#)

[Proud Member](#)



Contact Info

631-278-5755

kristine@pleasuresoftea.com

November's Special

Offers:

- **Nov12** - save 10% on our selection of 2oz. & 4oz. pouches of [Chai Blend Teas & Tisanes](#).
- **Ship2012** - 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: November 30, 2012

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