



October is a busy month with fall festivals, which are listed in the **Upcoming Events** section. In addition, we will be participating in a few fundraising events - details are in the **Fundraisers** section below. In this month's **Spotlight on...** section we take a look at the history of "milk in tea" traditions. In the **Tea & Health** section we explore recent research on the effects of drinking tea with milk. Be sure to take advantage of this month's specials in **October'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... History of Tea with Milk

If you add milk to your tea, then you may identify yourself as either a MIF or a TIF. MIFs strongly believe in the "milk in first" side of this centuries-old argument. On the other hand, TIFs, "tea in first", find it inconceivable to put the milk in first. So how and when did this debate and even the addition of milk into tea begin?

There does not seem to be any consensus on when and why tea was first consumed with milk, as several differing accounts have been told. The first, and probably most often cited, account attributes the start of the "tea with milk" tradition to Marquise de la Sabliere, a 17th century French aristocrat. Accounts differ as to why she added milk to her tea - some say she enjoyed the taste and that it smoothed out the tannins in the black tea, while others state she added milk to the teacup before adding the tea in order to prevent the teacup from cracking.

Other accounts claim adding milk to tea dates back to a 17th century British custom. In this vague account, the tradition is not begun by any particular person and it is said that the milk was added to temper the heat of the tea, protecting the delicate porcelain teacup from cracking.

Still other accounts state that the Dutch traders who brought tea back to Europe also brought the habit of adding milk to tea. They apparently learned this custom from the court of the Manchu emperors of China. The Manchu originated from the nomadic tribes of Northeastern China, where dairy was, and still is, an integral part of the nomadic way of life of Asian tribes.

When adding milk to tea, the general rule of thumb is to only add it to a strong and robust black tea, such as those from Assam, Sri Lanka, or Kenya. One of my favorite tea and milk combinations is rich and satisfying authentic Indian Masala Chai. "Masala Chai" is Hindi for "spiced tea" and this tradition originated in India in the early 20th century. The basic recipe combines cinnamon, ginger root and cardamom with black tea; however, there are an endless number of recipes for this wonderful, warming blend. [Click here for our recipe on making the perfect cup of chai.](#)

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### Upcoming Events



**Saturday 10/13**  
**Apple Festival**  
**The Islip Grange**  
**Broadway Ave & Montauk Hwy,**  
**Sayville**  
**10:00-4:30**

**Sunday 10/14**  
**Islip Fall Street Fair**  
**Main St., Islip**  
**11:00-5:00**

If you would like to pick up specific teas, 4oz. pouches of your favorite tea, or other products, please e-mail [kristine@pleasuresoftea.com](mailto:kristine@pleasuresoftea.com) or call 631-278-5755 at least one day before the event.

Can't make an upcoming show or can't wait to restock?  
Feel free to place an order online or contact us for delivery options.

Are you new to loose tea or just want to

So back to the "milk in first"/"tea in first" argument. I am often asked which is correct. I know this may appear to be taking the easy way out, but I am a firm believer that everyone should prepare and drink their tea the way they like it. So whether you like to pour the milk first or last, keep preparing it the way you like it.

## Tea & Health: Effects of Milk in Tea

In prior newsletters I mentioned that it was not clear whether the addition of milk in tea negated the beneficial effects. The basis for this stemmed from two studies that put forth polar opposite conclusions. Well, it appears that the tie has now been broken with the results of a recent European study. In this study researchers looked at whether adding "milk", both dairy and soy, to tea would have an effect on cardiovascular health. The results? Unfortunately, they found that the proteins in dairy and soy milk reduced the body's ability to absorb the healthy antioxidant class of catechins and tremendously lowered their impact on cardiovascular health.

While I would not recommend entirely stopping the practice of adding milk to tea, I think it does make sense to add it sparingly and not in every cup. Based on the findings of this recent study, I would recommend drinking a variety of different teas, especially ones that do not combine well with milk, in order to maximize absorption of the range of nutrients that are available.

## Fundraisers

This month I am pleased to support two organizations and their causes. I will be donating a percentage of my sales at these events and am hoping you will help support these endeavors:

**Thursday 10/18, 6-9PM** - Long Island Golden Retriever Rescue Inc. - tickets are \$50 for this Shop, Dine & Laugh Fundraiser. Please visit [www.liqrr.org](http://www.liqrr.org) for event details and to buy tickets.

**Saturday 10/20, noon-4:00** - Clubhouse of Suffolk's Chili Cook-Off features over a dozen chili teams competing for best chili in several categories. Live music, DJ and line dancing, children's games featuring a Halloween Costume Contest, opportunities to win prizes, local vendors with gourmet and one of a kind items. All proceeds benefit adults 18 years of age and older affected by mental illness and homeless Veterans, many who suffer from PTSD (post traumatic stress disorder) and depression. Please visit [www.clubhouseofsuffolk.org](http://www.clubhouseofsuffolk.org) for admission and event details.



*Yours in tea,*

*Kristine Henderson*

*The Pleasures of Tea*

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**Contact Info**

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**October's  
Special**

**Offers:**

- **Oct12** - save 10% on **Fall/Winter Teas**.
- **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](http://www.pleasuresoftea.com).

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